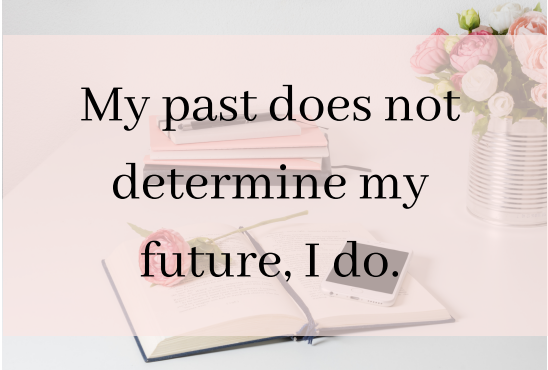



10 Affirmations for Emotional Healing



I am getting stronger every day.



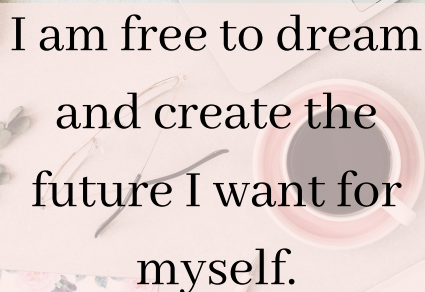
My past does not determine my future, I do.



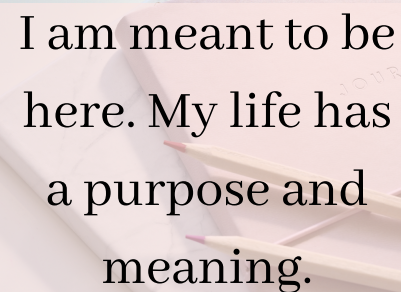
Positive life experiences are available to me.



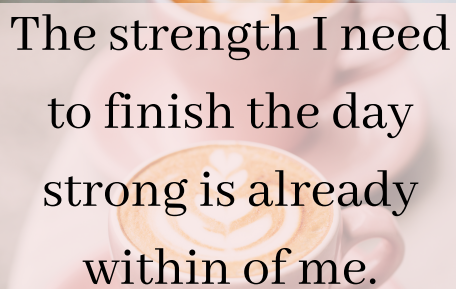
I am lovable.



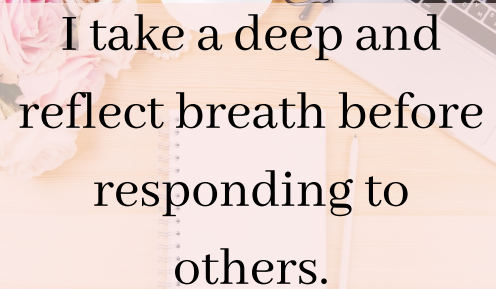
I am free to dream and create the future I want for myself.



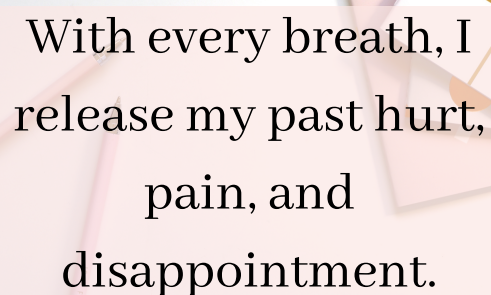
I am meant to be here. My life has a purpose and meaning.



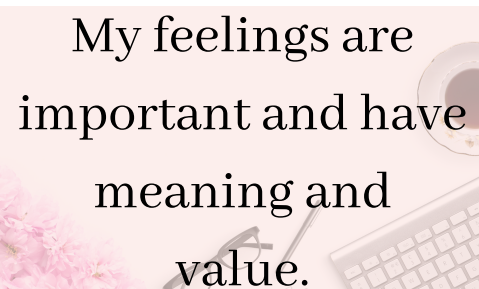
The strength I need to finish the day strong is already within of me.



I take a deep and reflect breath before responding to others.



With every breath, I release my past hurt, pain, and disappointment.



My feelings are important and have meaning and value.