

40 Days of Forgiveness

Affirmations to Build a New Story

Paige Cargioli

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Table of Contents

Acknowledgments	ii
About the Author	iii
Introduction	1
<i>What Inspired this Book?</i>	2
<i>Why Forgiveness?</i>	3
<i>What is Forgiveness?</i>	4
<i>Forgiving Yourself</i>	5
<i>Forgiveness for Physical Pain</i>	6
<i>Forgiveness for Relationships</i>	6
<i>Forgiveness & Spirituality</i>	7
<i>Statements for Spiritual Wounds</i>	8
How to Build Your Own Forgiveness Statements and Affirmations	13
<i>5 Tips for Creating Forgiveness Statements</i>	16
How Do You Use This Book?	17
<i>The Challenge</i>	17
40 Pages of Forgiveness Statements and Affirmations:	19
<i>I Am Broken</i>	21
<i>I Am Always Attacked</i>	24
<i>I Will Never Have a Good Relationship</i>	27
<i>Bullies Always Win</i>	30
<i>Mom Issues</i>	33
<i>Dad Issues</i>	36

<i>Chronic Illness and Pain</i>	39
<i>I Am Not Healthy</i>	42
<i>Take Back Your Power</i>	45
<i>Anger I Do Not Want</i>	48
<i>Anger I Have a Right To</i>	51
<i>I Don't Fit In</i>	54
<i>Sadness</i>	57
<i>Depression</i>	60
<i>Anxiety</i>	63
<i>Toxic Positivity</i>	66
<i>Setting Boundaries</i>	69
<i>Toxic Relationships</i>	72
<i>Death Of A Loved One</i>	75
<i>Accident</i>	78
<i>Being Kind When I Don't Want To Be Kind</i>	81
<i>Entitlement</i>	84
<i>I Love My Body</i>	87
<i>This Shouldn't Have Happened To Me</i>	90
<i>I Can't Pay Attention</i>	93
<i>I Am Too Stressed</i>	96
<i>I Don't Have Enough Time</i>	99
<i>I Hate My Family</i>	102
<i>Strained Relationship With My Kids</i>	105
<i>Extreme Fear</i>	108
<i>Fear Of Being Hurt</i>	111

<i>Fear Of Losing</i>	114
<i>Fear Of Rejection</i>	117
<i>Fear Of Failure</i>	120
<i>Fear Of Success</i>	122
<i>I'm Not Good With Money</i>	125
<i>I Am Poor</i>	128
<i>I'm Not Special</i>	131
<i>No One Loves Me</i>	134
<i>I Am Loved</i>	137
Bibliography	140

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About the Author

Paige Cargioli received her Masters degrees in Pastoral Care and Counseling and Mental Health Counseling from Boston College. At Open Heart Holistic Therapy, Paige uses Emotional Polarity Technique™ to help her clients forgive and let go of negative beliefs so they can build a new story for their lives and relationships. She loves her faith, family, traveling, and food.

Introduction

I walked 500 miles in 40 days across Spain on the Camino de Santiago. All along the way, locals and other pilgrims greeted one another with “Buen camino!” Good walk. Every day, get up, walk, break, walk, eat, shower, sleep, and walk. Save for a handful of rest days that was the job for 40 days. We climbed the “alto del perdon,” the mount of forgiveness. There is an ancient little church with what is the “puerto del perdon”, and at the end of the 500 miles, there is another “puerto del perdon” at the Cathedral in Santiago—the door of forgiveness. Many pilgrims carry a rock with them for hundreds of miles on the Camino with the intention of dropping it at Cruz de Ferro. It is a place to leave burdens behind before the final stretch to Santiago de Compostela. Pilgrims come from all over the world to experience the Camino and to leave their burdens behind in spiritual reformation.

Why do we hold on to so many burdens, and what do we need to do to let them go? We seek grand movements and gestures to free ourselves from pain and hurt to create freedom and transformation. There is a deep human desire to reconnect to goodness through forgiveness and mercy.

This book is a sort of an internal pilgrimage. It is simply 40 days of forgiveness statements and affirmations to help with 40 issues. The issues are general and are hardly a replacement for in-person therapy, but you will feel like the statements and affirmations are made just for you on your journey.

I imagine this book being used in a couple of different ways: 1) 40 days, taking one issue at a time, and 2) Pick and choose the topics as you wish for yourself or someone else whenever you are in need. As a practitioner of this work, I'm not always sure what statements are going to hit the client hardest, but the fact is that each statement can be profound and healing to the person in need. These are the words that I have put down for the people in need. Each day and each statement has a little bit of my own needs mixed with the issues of past clients, combined with some divine inspiration directing all of our healing.

You can start your 40-day journey by skipping ahead to the pages of affirmations or continue reading about what this is, where it came from, and more details on how to make your own forgiveness statements and affirmations.

What Inspired this Book?

When I was a child, my chiropractor mom, Dr. Annette Cargioli, invented the Emotional Polarity Technique™ (EPT™). This technique incorporates a number of alternative wellness ideas, movement, breathing, forgiveness statements and affirmations. The EPT™ practitioner follows a specific protocol to identify the emotional issues and then walks the client through forgiveness statements and affirmations. **The forgiveness lets go of the old story, and the affirmations bring in the new story.**

I am an EPT™ practitioner and have been trained in EPT™ for over 20 years. Working alongside a practitioner, listening,

and breathing after each statement is powerfully healing. If you want to learn more about this, then I recommend you read one or both of my mom's books listed in the bibliography: *The Forgiveness Doctor* and *Change For Good: The Forgiveness Connection In Physical And Emotional Health*.

I am also trained and have worked as a mental health counselor. I do EPT™ because I enjoy doing it. I enjoy the process as a practitioner and as a client, and I love to share this forgiveness experience with others. It has helped me and thousands of others with their emotional conflicts and burdens.

Why Forgiveness?

Ever since my mom created EPT™, I have been obsessed with the idea of forgiveness. Every college and graduate paper I wrote, I wanted to incorporate forgiveness, research on forgiveness, and self-forgiveness. This took me down all kinds of paths, learning about self-compassion, why not forgiveness, and the different ways forgiveness is implemented in psychology. The research on forgiveness demonstrates that it helps support healing.

More recently, affirmations, somatic movements and breath work are trending in psychology research and social media. On TikTok and Instagram, I started practicing more and more saying the words out loud, recorded, to help friends and strangers on the internet. A friend recently told me that she saves my videos to use when she feels ready. I sometimes take for granted my ability to just say the words that are most

needed to help people. I'm used to just letting the words flow, but for someone who hasn't practiced, each statement can be profoundly moving.

What is Forgiveness?

Forgiveness makes messes and cleans them up. Forgiveness makes a mess by acknowledging wrong. Forgiveness sees the chaos, and if others are not ready to see it, then it can get messy. You may be acknowledging something that you did wrong, something wrong that you believe, something someone else did wrong, or all of the above. Forgiveness is not condoning behavior; it is not reconciling, and it does not require we be in a relationship with the person who hurt us (unless it is ourselves). When we cannot let go of the negative thoughts, feelings, and generational traumas, it keeps us stuck in pain and suffering and passes on in our lives and relationships. Forgiveness cleans up our emotional traumas by breaking the cycle of recreating the same pain from the past that needs to be repaired. Once forgiveness happens, the mind, body, and spirit are open to new pathways and opportunities. Forgiveness untangles and reconnects us to the good parts of ourselves, others, our communities, and divinity.

Forgiving Yourself

When you forgive yourself, you are letting go of the past beliefs that no longer serve you and are affirming the good. When you are hurt by someone that can lead to a negative belief about yourself. For example, my dad yelled at me for not cleaning my room. It was wrong for my dad to hurt my feelings over this, and I should forgive him for that, but I also need to forgive myself for the wrong lessons this experience taught me. I might begin to believe that I'm only loved if things are clean. I might believe I'm not worthy unless things are clean or that cleaning is the most important thing. I might be triggered in the future when things need to be cleaned. Forgiving yourself for believing these lies helps you be free to move on from the hurt and trauma.

What is it that you know you are struggling with? Is it a broken relationship, physical pain, negative thoughts, or depression? If it involves a hurt, a negative belief, or even physical pain, forgiveness can help you with any issue. With the self-forgiveness statements in this book, you must first ask yourself, "What do I believe?" What do I believe about myself that makes me think this way? What do I believe about the other person that makes me treat them that way? What would I say to someone else struggling with the same or similar challenge? Then, make a statement forgiving yourself for believing these things.

There are pages in this book with affirmations for not being good enough, not being worthy, and trauma. Many clients come in and believe that they are not good enough. This could stem from any number of childhood (or adulthood issues). But to say it out loud and hear another person say, “I forgive myself for believing I’m not good enough,” immediately opens up new ways of being and believing. With forgiveness statements and affirmations, people feel lighter and freer to be who they want to be and to step into opportunities that they didn’t think were possible.

Forgiveness for Physical Pain

There are affirmations for pain and body issues also in the 40 days. Forgiveness can relieve physical pain with statements such as, “I forgive myself for believing I need to be in pain.” I have had multiple clients experience pain decrease or be eliminated by letting go of old emotions attached to the pain, accident, or injury. To let go and feel more relaxed by using these statements, your body starts to believe it, and you start to feel lighter and less tense. Of course, the pain will be less.

Forgiveness for Relationships

There are affirmations and forgiveness pages on parental issues and toxic relationships. Forgiveness helps with past or current relationships that are stressing you out. With most forgiveness

issues, another person is involved. A parent may have been abusive or neglectful. A past partner may have broken trust. These relationships take a toll on our mind and body, but our mind and body want to move on. Forgiveness is what releases us so that we can heal and move on.

Forgiveness & Spirituality

Forgiveness is a part of every major world religion, but forgiveness work and healing don't require any specific religious belief. Religion has hurt a lot of people, and it is often a burden for my clients. My personal belief is that forgiveness is what God does. I, or anyone, can make forgiveness statements and affirmations, but the healing work that happens is not some magic coming from me. God fills the gaps and makes healing and forgiveness possible.

If you would like to incorporate God into your practice of forgiveness statements and affirmations, start off by inviting God to help. Ask for God's forgiveness. Give yourself permission to let go so God can fill in the gaps that need healing. At some point, we will need to let go of what we can't do, where we are limited, and trusting God for justice and healing is a part of that.

In order to help with any issues relating to God and religion and incorporate more Divine in your healing journey, here are some statements about God and spirituality. Say each statement out loud and take a deep breath.

Statements for Spiritual Wounds

I forgive myself for believing this anger with God will always be this way in my life.

I forgive myself for believing I've been abandoned by God.

I forgive myself for believing I have to suffer because God wants me to.

I forgive myself for controlling who God is and is not.

I forgive myself for believing I can't be forgiven by God or anyone.

I forgive myself for conflating God and my issues (anger, resentment, toxic relationships).

I forgive myself for conflating God and people who have issues or are toxic.

I forgive myself for believing I have to do it all myself and can't get any help from Divinity.

I forgive myself when I try to do it all alone and by myself and fail.

I forgive myself for believing that my spirituality and thoughts about God can't change without losing everything.

I forgive myself for believing the people that I love have to change before I can let go and connect with God.

I forgive myself for holding on to toxic religion, toxic spirituality and cult mindsets.

I forgive myself for believing I have to be perfectly right about God before I can receive God's love or anyone's love.

I forgive myself for blaming God when humans were the ones who hurt me.

I forgive myself when I place human teaching above the love of God.

I forgive others for hurting my feelings when I was angry at God.

I forgive others for hurting my feelings when they were angry at God.

I forgive others for hurting my feelings when I change to connect more with God.

I forgive God when my feelings are hurt.

I forgive others for hurting my feelings because of how I believe (or don't believe) in God.

I give others permission to forgive me when I change to connect more with God.

I give God permission to forgive me for disconnecting from love.

I give God permission to forgive me when I try to box and control.

I give God permission to forgive me when I'm wrong and hurt someone else.

I give others permission to forgive me when I judge them for their God.

I love and accept myself even when I'm afraid God will never love me.

I love and accept myself even when I'm afraid God doesn't exist.

I love and accept myself even when I'm afraid the toxic spirituality, religion, and cults are right.

I love and accept myself even when I'm afraid I'm going to hell.

I love and accept myself even when I'm afraid connecting with God means being hurt again.

I love and accept myself even when I'm afraid God means control.

I love and accept myself even when I'm afraid I'll never be good enough for God's love.

I love and accept myself even when I'm afraid I wasted so much time worrying about God.

I love and accept myself even when I'm afraid I'll lose the people I love if I change my mind about God.

I love and accept myself even when I'm afraid God can't help.

I love and accept myself even when I'm afraid the spiritual wounds are too deep to connect with God.

I give myself permission to accept and connect to God's love that was always there for me.

I give myself permission to feel loving and compassionate towards myself and others who are stuck in toxic religions, toxic spirituality, or cult mindsets.

I give myself permission to feel loving and compassionate with myself when I get stuck putting God in a box.

I give myself permission to connect with God in hard and good times.

I give myself permission to accept that God has always been with me and wants to be close to me through everything.

I give myself permission to let God be bigger than I could have ever imagined.

I give myself permission to accept God is love.

I give God permission to heal my spiritual wounds.

I give God permission to show love even when I ignore it or can't see it.

I give God permission to be real in my life.

I give God permission to be bigger than I could have ever imagined.

I give myself permission to see where God is working and helping me in my life.

I give myself permission to accept God loves me and wants me to heal, and I don't have to do anything to be worthy of that.

I give myself permission to have faith in God's ability to help me connect with people who make sense of my healing journey.

I give myself permission to let God heal the wounds.

I give myself permission to let go of my inadequate beliefs and thoughts about who God is and who God is not.

I give myself permission to let God fill in the gaps where I can't help others.

I give myself permission to let God fill in the gaps where I can't help myself.

“I love you, God. I’m sorry. Please forgive me. Thank you.”
Ho’oponopono Prayer

How to Build Your Own Forgiveness

Statements and Affirmations

The outline for forgiveness statements and affirmations in this book comes directly from the holistic therapy EPT™. EPT™ practitioners follow a system creating statements that cover every direction forgiveness can go and create statements that cover specific past and present issues. In an EPT™ session, a client may do 20-45 minutes of repeating forgiveness statements and affirmations. In this book, each section only cover a few minutes of statements, but it is still powerful. Affirmation statements are used to bring in the emotional, spiritual, and relational goals. Forgiveness statements let go of the old story, and affirmations bring in the new story.

In the 40 Days, each day briefly covers an emotional issue that could be supported with forgiveness. Every day in the 40 Days is an opportunity to heal or help someone else heal. Issues and emotions are similar, but every person's experience is different. You can create *specific* forgiveness statements and affirmations for yourself by following the guide below.

1. Acknowledge the problem/emotions/issue, who is involved, and when.

For a present issue:

I feel _____ (*emotion*) with _____ (*who/what*) because
_____ (*why*).

For a past issue:

I felt _____ (*emotion*) with _____ (*who/what*) when I was _____ (*age*) because _____ (*why*)

Unpleasant Emotion List:

anger, resentment, frustration, depression, stubbornness, vulnerable, abandonment, insecurity, disgust, low self-esteem, nervousness, hopelessness, out of control, fear, dread, grief, sadness, anguish, guilt, shame... (*Check out Brene Brown's Atlas of the Heart for an exhaustive list!*)

Pleasant Emotion List:

Love, forgiveness, happiness, secure, safe, complete, confident, worthy, calm, content, trust, competent, joy, relaxed, peace, passion, compassion, creativity.

2. Let go of the unpleasant emotions with forgiveness.

Forgiveness statements to let go of the negative beliefs, feelings, and patterns:

a. I forgive myself for _____. [*You fill in the blank with whatever it is that I did or I think I did that hurt myself or someone else—be specific*]

b. I forgive myself for believing _____ [*What do I believe about the situation I need to forgive myself for?*]

c. I forgive others for _____ [*What they did*].

d. I give others permission to forgive me _____ [*For blaming them or for hurting them*].

3. Release Fear

Fear Release statements let go of what might hold us back from reaching our goals.

a. I love and accept myself even when I'm afraid

[*...forgiving will not be good for me. Fill in the blank with any fear you think you might have from the past or present.*]

4. Receive the new healthy patterns with affirmations.

a. I give myself permission to _____.
[*What do you want to feel, believe, or do? What do you need to accept about the situation?*]

b. Without this old pattern, I am free to _____.
[*What is it that you want to do or feel that you didn't think you could do or feel with this issue?*]

By following this pattern of forgiveness statement and affirmation creation, you can begin to thrive in your life and relationships. This takes a lot of self-reflection and work. That's why this book has a ton of material to jumpstart your brain and practice forgiveness and affirmations every day.

Don't feel like you have to make it up and do it all yourself. Getting another person to help you form the statements is another person believing in your ability to heal and keep you accountable. If you want more specific work, find an EPT™ practitioner.

5 Tips for Creating Forgiveness Statements

1. Forgive yourself for every time you hurt someone the same way they have hurt you. *I forgive myself for every time I hurt someone I loved.*
2. Ask yourself, “What would I have to believe to feel this way?” Construct the forgiveness statement to forgive yourself for believing what no longer serves you. *I forgive myself for believing the people I love hate me.*
3. Forgive yourself for believing that there are some things that can never heal. *I forgive myself for believing there are some things that will never heal.*
4. Forgive yourself for believing someone or something outside of yourself must change before you can feel better in your life right now. *I forgive myself for believing my friend has to change before I will be happy.*
5. Forgive yourself for “what is” that you cannot change in your life. Use forgiveness to accept “what is” so that you can let go of what you hoped “would be” and move into something new. *I forgive myself for holding on to a life that doesn't exist (where I wasn't hurt, or didn't get cancer, etc.). I forgive myself for holding on to the way I hoped it would be. I forgive myself for resisting my life the way that it is (especially when it is hard, and what I had to go through was hard).*

How Do You Use This Book?

The people that I know who practice this kind of forgiveness and affirmations feel better faster and sometimes immediately. It is like finishing a good workout—you feel accomplished, stronger, and able, but that doesn't mean you are fit now. It is a commitment. It's also different for everyone. Some people like different types of working out. Some need to work out more than others to get fit, but you must be persistent. Once you stop, you get out of shape. It's the same when you are working on your emotional and spiritual health. It requires commitment. I cannot claim one idea is the best workout protocol for every person, but I can give you a place to start.

The Challenge

Using the statements in this book is a great place to start practicing forgiveness for healing. If you are skeptical, then I challenge you to do the 40 Days and see how you feel after. Whether it is done consecutively or not, to complete the 40 Days means to do every day of statements, say each statement out loud, and take a breath after each statement. Doing that will take you less than 10 minutes a day. Bonus points if you journal and answer the questions at the end of each day.

Each of the 40 days tackles a belief, issue, emotion, or goal that you or someone you know may be dealing with. You may not identify with every issue, and that is okay. This book is meant

as a resource for reflection and healing. You can use the book however you want, but here are my recommendations:

1. Read each statement out loud.
2. Take a deep breath after each statement.
3. Add your own forgiveness and affirmations statements.
4. Keep a journal of what resonated with you for that day.
5. Choose 1-2 statements each day as a mantra for the day.
6. Reach out to a therapist or EPT™ Practitioner if you think you need to do more.

I hope these words will help you see more healing and possibilities in your life and relationships.

Buen camino!

Reflection Questions:

- What are your expectations, intentions and goals with the 40 days of forgiveness?
- What do you want to heal in your life with forgiveness?
- What do you find difficult about forgiveness, or what is difficult to forgive?

40 Days of Forgiveness

1. I Am Broken
2. I Am Always Attacked
3. I Will Never Have A Good Relationship
4. Bullies Always Win
5. Mom Issues
6. Dad Issues
7. Chronic Illness Or Pain
8. I Am Not Healthy
9. Taking Back Your Power
10. Anger I Don't Want
11. Anger I Have A Right To
12. I Don't Fit In
13. Sadness
14. Depression
15. Anxiety
16. Toxic Positivity
17. Setting Boundaries
18. Toxic Relationships
19. Death Of A Loved One
20. Accident That Is My Fault
21. Being Kind When I Don't Want To Be
22. Entitlement: I Don't Get What I Want
23. I Love My Body
24. This Shouldn't Have Happened To Me.
25. I Can't Pay Attention.
26. I Am Too Stressed.
27. I Don't Have Enough Time.
28. I Hate My Family.
29. Strained Relationship With My Kids
30. Extreme Fear
31. Fear Of Being Hurt

32. Fear Of Losing
33. Fear Of Rejection
34. Fear Of Failure
35. Fear Of Success
36. I'm Not Good With Money
37. I'm Poor
38. I'm Not Special
39. No One Loves Me
40. I Am Loved

I Am Broken

This is an example of a negative belief. It may be or feel very true at times in life. Events happen that make us believe we are broken beyond repair. These statements will help you let those beliefs go so you can see beyond what you thought was possible.

Old story: I am broken.

New story: I am wholly worthy.

I forgive myself for believing I am broken.

I forgive myself for believing I cannot be loved because I am broken.

I forgive myself for believing I have to hold on to insecurity, anger, and worthlessness because I was broken.

I forgive myself for believing everyone sees me as broken.

I forgive myself for believing I have to be insecure and broken until there is justice.

I forgive others for breaking me.

I forgive others when they see me as broken.

I forgive others when they hurt my feelings and make me feel worthless.

I give others permission to forgive me when I blame them for why I hold on to insecurity, anger, and worthlessness.

I give others permission to forgive me when I see them as broken.

I give others permission to forgive me when they feel hurt or broken by me.

I love and accept myself even when I'm afraid I'll always be broken.

I love and accept myself even when I'm afraid I'll never be whole.

I love and accept myself even when I'm afraid there will never be justice.

I love and accept myself even when I'm afraid accepting myself as a whole means I'll be broken again.

I give myself permission to accept I can be whole again.

I give myself permission to accept that I can feel worthy, calm, and content being whole.

I give myself permission to accept that there are thousands of options beyond my feeling of brokenness.

I give myself permission to accept I can be seen and heard and loved and still feel broken.

I give myself permission to accept it is okay to feel broken.

Without this brokenness, I am free to feel it all and release it from my body, mind, and spirit.

Without this brokenness, I am free to see myself as a whole, even with my trauma.

Without this brokenness, I am free to see others as whole and healed in their trauma.

Without this brokenness, I am free to be kinder and more honest with myself through brokenness and healing.

Reflection

What happened that made you believe you were broken?

What have you done to prove you are not broken?

Who can you turn to for help when you feel you are broken?

Who can you help that feels the same way?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Am Always Attacked

Your brain is trying to protect you when something traumatic happens, but when the feeling of being attacked happens over and over and then stops, sometimes your brain gets stuck even when attacks are not happening. Here are some statements letting go of the old story of always feeling attacked so you can feel safe in the new story with healthy relationships and patterns.

Old story: I am always attacked.

New story: I am safe.

I forgive myself for believing I am always attacked.

I forgive myself for believing everyone is attacking me.

I forgive myself for believing I have to feel angry and defensive all the time.

I forgive myself for believing someone else has to change before I can feel safe, secure, and happy.

I forgive others when they attack me.

I forgive others when they hurt my feelings with their attacks.

I forgive others when they hurt my feelings by attacking others.

I give others permission to forgive me when I blame them for why I attack.

I give others permission to forgive me when I feel entitled to my attack and anger.

I love and accept myself even when I'm afraid I'll be attacked again.

I love and accept myself even when I'm afraid to feel safe and secure.

I give myself permission to accept that I have options to love and protect myself and others now.

I give myself permission to let go of old memories where I was being attacked so I can feel safe, secure, and happy in the present.

I give myself permission to feel all the anger and insecurity from when I was being attacked, and I call it up and release it from my body, mind, and spirit.

I give myself permission to accept I am worthy to feel safe in the present.

I give myself permission to accept I don't have to be defensive all the time.

I give myself permission to accept that I can feel safe and secure even though I may not be able to control another attack.

Without this defensiveness, I am free to be more present and feel safe in healthy relationships.

Without this defensiveness, I am free to let go of being hurt by the attacker ever again.

Without this defensiveness, I am free to feel safe, secure, happy, and present in my relationships.

Without this pattern of feeling attacked, I am free to let go of controlling or preventing another attack.

Without this pattern, I am free to see that I can survive and thrive beyond being attacked.

Without this pattern, I am free to help others survive and thrive through their own trauma.

Without this pattern, I am free to show up more loving and present in my relationships.

Reflection

When have I felt attacked?

When have I felt attacked but was not being attacked?

Where is a safe place for me?

When have I overcome this feeling of being attacked?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Will Never Have a Good Relationship

It is difficult to see sometimes that relationships can be good when every example in your life is not good. It is difficult to imagine life-giving mutual love and respect, but it is possible and does exist and can exist in your life now. These affirmations are to help you let go of the old story of every relationship being a failure and affirm the new story that there can be good relationships.

Old story: I will never have a good relationship.

New story: There are healthy relationships available to me.

I forgive myself for believing I will never have a good relationship.

I forgive myself for believing I have to be angry with myself and my bad relationships.

I forgive myself for believing I can fix something from my past with my bad relationships.

I forgive myself for believing good relationships are boring.

I forgive myself for believing that there is no such thing as a good relationship.

I forgive myself for believing my heart will always be broken.

I forgive myself for forcing a bad relationship.

I forgive myself for staying in a bad relationship.

I forgive others for being bad relationship models.

I forgive others when they judge me in my relationships.

I forgive others for believing there are no good relationships.

I give others permission to forgive me when I hurt them in relationships.

I give others permission to forgive me when I blame them for my bad relationships.

I give myself permission to accept that I can feel secure leaving a relationship, knowing it is the best decision for everyone involved.

I give myself permission to accept that I can love myself and others more by choosing a healthy relationship.

I give myself permission to accept that there are thousands of good ways to connect and have a relationship with someone, and I have the ability to do that.

I give myself permission to connect to my ancestors who created healthy relationships.

I give myself permission to accept I am worthy of a good, healthy, connected relationship.

I give myself permission to accept that no relationship is perfect.

I give myself permission to accept that a healthy relationship has mutual love and respect and is encouraging of one another.

I give myself permission to let go of changing the other person for me to be happy.

I give myself permission to accept I can be happy in a healthy relationship.

Without this pattern of bad relationships, I am free to discover new loving communities that encourage and love me the way I am and I them.

Without this pattern, I am free to feel secure and happy outside any relationship.

Without this pattern I am free to feel trust and worthy with a secure and healthy partner.

Reflection

What are some good and bad examples of relationships in your life?

What old story do you need to let go of in your relationships?

What negative beliefs do you have about relationships?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Bullies Always Win

It feels so true, doesn't it? The hard, cold, impatient, and unjust seem to always get ahead and win. It is certainly true in middle school, but it doesn't have to be true now. Use these statements to help you get past a bully and be successful.

Old story: Bullies always win.

New story: Bullies cannot stop me from success and abundance.

I forgive myself for believing that bullies always win.

I forgive myself for believing I will always be angry at the bully.

I forgive myself for holding onto my anger with the bully.

I forgive the bully for hurting me.

I forgive others for not protecting me from the bullying.

I give others permission to forgive me when I am a bully.

I give others permission to forgive me when I blame them for why I am a bully.

I gave the bully permission to forgive me when I wanted them to feel the same pain I felt.

I love and accept myself even when I'm afraid the bully will never be punished.

I love and accept myself even when I'm afraid I'll be bullied again.

I love and accept myself even when I'm afraid letting go of the anger won't be good for me.

I give myself permission to accept that even though I couldn't protect myself before, I can choose to protect myself now.

I give myself permission to accept that I can feel happy and forgiving and loving even when people are bullies.

I give myself permission to accept I can help others handle bullies.

I give myself permission to accept I can feel safe and secure and confident facing anyone who might be a bully and be there for myself if I'm being bullied.

I give myself permission to be compassionate and creative in dealing with bullies.

Without this anger, I am free to let go of the fear and defensiveness I feel with others who might bully me.

Without this anger, I am free to be strong and stand up for myself and others with a bully.

Without this anger, I am free to get away from people who bully me.

Without this anger, I am free to feel confident and secure seeking justice when there is bullying.

Without this anger I am free to better understand and love people who might be bullies.

Without this pattern, I am free to love and accept the parts of myself that might be like a bully.

Without this pattern, I am free to love myself enough not to be bullied.

Without this pattern, I am free to let go of anything I did or didn't do to get bullied.

Without this pattern, I am free to feel worthy, calm and content knowing the truth that I should've never been bullied.

Reflection

What are some examples of bullying that has happened in your life?

Do you think you can forgive the bullies in your life?

How do you want the bullies to change or be punished? Would that help you?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Mom Issues

There are so many ways that Mom can let us down and hurt us. If you are a mom, then you know that you do not get it right all the time. You may want so badly to protect your kid from hurt, but that is impossible. It is better to show them how to overcome adversity, admit failure, and show compassion. Work on yourself so your kids know that they can overcome even when you, their mom, fails.

Old Story: I am messed up because my mom failed me.

New Story: I will thrive even though my mom failed me.

I forgive myself for believing I have to feel angry or insecure with my mom.

I forgive myself for believing I am unworthy because of my mom.

I forgive myself for believing I have to feel angry, insecure, and unworthy of my mom.

I forgive myself for believing my mom has to change before I can feel happy, confident and worthy.

I forgive my mom for hurting my feelings by making me feel angry, insecure, or unworthy.

I forgive my mom for not knowing any better.

I give my mom permission to forgive me when I blame her for why I can't feel happy, confident or worthy.

I give others (my children) permission to forgive me when they blame me for why they feel unworthy, insecure, or angry.

I love and accept myself even when I'm afraid my mom will never be the mom that I wanted.

I love and accept myself even when I'm afraid I'll never be the mom that I wanted.

I love and accept myself even when I'm afraid I'm just like my mom.

I give myself permission to love, honor and respect all the parts of myself that are like my mom.

I give myself permission to accept that my mom did the best she could with the resources she had, and so did I.

I gave myself permission to accept I was loved even if it wasn't the way I wanted from my mom.

I give myself permission to love others and love my mom the way I wasn't loved.

Without this pattern of holding onto anger and insecurity with my mom, I am free to choose love and confidence in my relationships as an adult.

Without this pattern, I am free to let go of defining my emotions by my mother.

Without this pattern, I am free to be more compassionate with myself and other people who fail.

Without this pattern, I am free to love myself and others more unconditionally.

Without this pattern, I am free to set healthy boundaries in relationships like my mother or with my mother.

Without this pattern, I am free to feel worthy, knowing that I have a place of belonging.

Without this pattern, I am free to create new connections and community, knowing I have a purpose and that I belong.

Without this pattern, I am free to choose partnerships that are loving and encouraging and where I feel worthy.

Reflection

What issues do you have with your mom?

Does she acknowledge the issues?

What do you want in your relationship with your mom?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Dad Issues

Take all of the above and insert “Dad” instead of “Mom.” Of course, there are some new affirmations here, too.

Old Story: I’m forever messed up because of my dad.

New Story: I can show up and be compassionate and successful in my relationships.

I forgive myself for believing I have to hold onto anger and grief with my dad.

I forgive myself for believing my dad screwed me up forever.

I forgive myself for believing I’m not worthy enough for my dad to be here.

I forgive myself for believing my dad hates me.

I forgive myself for believing my dad has to change before I can love and accept myself the way I am.

I forgive myself for believing I’m not good enough for my dad to show up.

I forgive my dad for not showing up.

I forgive my dad for hurting me when he showed up.

I forgive my dad for failing to be the dad that I wanted.

I give my dad permission to forgive me when I hold onto anger and blame him for my problems.

I give my dad permission to forgive me when I don't show up for him.

I give others permission to forgive me when they blame me for their problems.

I love and accept myself even when I'm afraid I'm just like my dad.

I love, accept, and honor all the parts of myself that are like my dad.

I give myself permission to accept I can be grateful for the good qualities my dad gave me.

I give myself permission to be a good parent.

I give myself permission to let go of anything my dad did or didn't do to hurt me.

I give myself permission to feel relaxed, happy and confident, giving up the expectations I had for my dad.

I give myself permission to feel relaxed and confident even when my dad doesn't show up.

I give myself permission to feel confident, secure, and happy knowing who I am, even when my dad doesn't show up.

Without this pattern, I am free to feel confident and secure showing up for the people that I love the way my dad can show up for me.

Without this pattern, I am free to show up for myself and love myself the way that my dad couldn't when I was small.

Without this pattern I am free to love my dad more with all of his faults and successes.

Without this pattern, I am free to show up for my dad.

Without this pattern I am free to surround myself with love and connections 10,000x better than anything I could imagine with my dad.

Reflection

What issues do you have with your dad?

Does he acknowledge the issues?

What do you want in your relationship with your dad?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Chronic Illness and Pain

If you feel like you have constantly been battling with your body, and you have an unpleasant diagnosis or unexplained pain, then these affirmations are for you.

Old Story: I'll always be sick and in pain.

New Story: I am more than my pain and illness. I am healed. I am amazing. I love my body.

I forgive myself for believing I have to feel shame and fear because I have chronic physical issues.

I forgive myself for anything I did that caused this pain, shame, and fear.

I forgive myself for believing that these chronic physical issues are my fault.

I forgive myself for believing someone else has to change before I can feel relaxed, confident and trust in my body's ability to heal itself.

I forgive others when they blame me for my chronic physical issues.

I forgive others when they don't believe me.

I forgive others for judging or shaming me when I have chronic physical issues.

I give others permission to forgive me when I blame them for my shame and fear.

I give others permission to forgive me when I blame them for why I feel bad.

I give others permission to forgive me when my body can't do what they want it to do.

I love and accept myself even when I'm afraid I won't know what to do without chronic illness.

I love and accept myself even when I'm afraid I'll always have chronic pain and illness.

I love and accept myself even when I'm afraid I can't love my body with chronic pain and illness.

I love and accept myself even when I'm afraid no one knows how to help my body.

I love and accept myself even when I'm afraid I don't know how to help my body.

I love and accept myself even when I'm afraid my body will never be what I want it to be.

I give myself permission to love my body where it is right now.

I give myself permission to feel relaxed and worthy in my body.

I give myself permission to feel secure and confident in choosing new ways to use my body with purpose and passion.

Without this pain, I am free to feel love, forgiveness and happiness in my body.

Without this battle, I am free to choose new ways of being in my body the way that it is.

Without this pattern, I am free to break through and heal and relax in my body.

Without this pattern of chronic illness, I am free to feel empowered with the life and body I have.

Without this pattern, others are free to see me and love and connect with me before my illness and pain.

Without this pattern, I am free to connect with others more deeply, with or without the pain.

Reflection

What emotions have you experienced with chronic illness and pain?

How have you sought healing for the emotional component of the pain or illness?

How can you show up better for others with chronic illness and pain?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Am Not Healthy

Health is a relative thing. More than anything, it is about choosing to take the best action you can take for your emotional and physical health.

Old Story: I am not healthy.

New Story: I choose what is healthy for me. I love my body.

I forgive myself for believing no matter what I choose I'll never be healthy.

I forgive myself when I make unhealthy choices for myself.

I forgive myself for believing I have to feel shame and guilt when I make an unhealthy choice.

I forgive myself for believing I can't stay healthy once I make a healthy choice.

I forgive myself for believing I can't feel good about my healthy choices because someone will judge me.

I forgive myself for judging myself and the choices that I make for my own health.

I forgive myself for believing the more aware I am of my choices, the more disappointed I'll be.

I forgive others when they judge me for my healthy or unhealthy choices.

I forgive others when they hurt my feelings because of the choices that I make.

I forgive others for believing that I am not healthy and never will be.

I forgive others when they encourage unhealthy choices for me.

I give others permission to forgive me when I blame them for the unhealthy choices that I make.

I give others permission to forgive me when I judge them for their choices.

I give others permission to forgive me when I don't support them in their healthy or unhealthy choices.

I give others permission to forgive me when I make someone else's choices for their health about me.

I love and accept myself even when I'm afraid making a healthy choice will leave someone I love behind.

I love and accept myself even when I'm afraid making healthy choices means I have to make new friends.

I love and accept myself even when I'm afraid making healthy choices means I'll be alone.

I love and accept myself even when I'm afraid that choosing what's healthy for me won't help.

I love and accept myself even when I'm afraid it doesn't matter what I do for my emotional and physical health.

I love and accept myself even when I'm afraid nothing will ever help me be healthy.

I give myself permission to accept that I can choose something different and be healthy.

I give myself permission to love myself even when I make an unhealthy choice.

I give myself permission to be kind and gracious to myself with the choices that I make.

I give myself permission to be kind and gracious with others in the choices they make.

Without this pattern I am free to feel free to be healthy without judging myself or others.

Reflection

Do you have a healthy definition of what it means to be healthy?

Where did your definition of what it means to be healthy come from?

How can you accept your health and body more right now?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Take Back Your Power

There is a trauma story out there that is quite common. It is the story of your power being taken away by someone. It might be a stranger, a brief acquaintance, or someone you love. They made you believe that you had no power, and the power that you did have was for them to yield. You may have willingly given up your power because you thought it was the only way to be loved. It is not true. It is not you. And you can get your power back and use it for good. A lot of these statements come right out of the EPT™ training manual.

Old Story: My power is not mine.

New Story: I am safe taking back and using my power.

I forgive myself for believing I have to give up my power.

I forgive myself for believing it's bad for me to own my own power.

I forgive myself for believing my power doesn't belong to me.

I forgive myself for believing I can't use my power without feeling ashamed or guilty.

I forgive myself for denying the gifts in my life by letting someone else use my power.

I forgive myself for believing I have to give up my power to fix someone else.

I forgive myself for believing if I use my power, I'll only be held responsible for the bad things that happen.

I forgive others for taking ownership of my power.

I forgive others when they believe that my power really belongs to them.

I give others permission to forgive me when I take their power.

I give others permission to forgive me when I blame them for why I can't use my God-given power.

I give others permission to forgive me when I take the rightful ownership of my power.

I love and accept myself even when I'm afraid I'm going to lose my power again.

I love and accept myself even when I'm afraid I can't use my power.

I love and accept myself even when I'm afraid my power is gone for good.

I love and accept myself even when I'm afraid my power is not good enough.

I love and accept myself even when I'm afraid my power will never belong to me again.

I love and accept myself even when I'm afraid taking back my power won't be good for me.

I give myself permission to reclaim ownership of my God-given power and authority in my life.

I give myself permission to forgive those trying to take my power away.

I give myself permission to forgive myself when I give my power away.

Without this loss of power, I am free to take action with my power and feel good about it.

Without this loss of power, I am free to honor and respect others and bring good in my life and into the world with my power.

Without this loss of power, I can be who I am and honor my needs, even when there is someone who wants to take ownership of my power.

Without this loss of power, I am free to feel secure, confident and worthy using my power to do good, to love others, and to empower them to use their power.

Without this loss of power, I am free to feel confident knowing what to do with my power.

Reflection

Where did your power go, or who took it?

What are some actions that you can take with your power?

What gifts do you have to share with the world?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Anger I Do Not Want

Anger pops up in the most inconvenient ways, and it is not always welcome. It got stuck inside, and it was hard to let go. For me, a snack, a nap, and some affirmations help.

Old Story: This anger will never go away.

New Story: I can be loving and forgiving with myself, letting go of anger.

I forgive myself for believing I don't know why I am angry.

I forgive myself for believing I have to hold onto anger I don't want.

I forgive myself for believing I'll always have this anger stuck inside me.

I forgive others for making me angry.

I forgive others for hurting my feelings when they're angry with me.

I forgive myself for believing letting go of the anger won't be good for me.

I forgive myself for believing someone has to change before I can let go of the anger.

I give others permission to forgive me when I blame them for my anger.

I gave others permission to forgive me when I hurt their feelings with my anger.

I love and accept myself even when I'm afraid I can't control my anger.

I love and accept myself even when I'm afraid I'm going to hurt someone with my anger.

I love and accept myself even when I'm afraid I'm just an angry person.

I love and accept myself even when I'm afraid feeling the anger won't make it go away.

I love and accept myself even when I'm afraid I should feel angry.

I give myself permission to feel love, forgiveness and happiness when something makes me angry.

I give myself permission to feel anger and let it go.

I give myself permission to accept I am allowed to be angry.

I give myself permission to accept I can feel secure, safe and confident even when I'm angry.

I give myself permission to accept anger doesn't define me.

Without this anger, I am free to feel happy, loving and forgiving when something makes me angry.

Without this anger, I am free to feel anger and not get stuck.

Without this anger, I am free to love and accept myself the way I am.

Without this anger, I am free to choose the feelings that I want and don't want.

Without this anger, I am free to choose how I want to feel even when I'm not sure why I feel it.

I give myself permission to accept that I don't have to be stuck in anger.

I give myself permission to let go of any generational anger that doesn't belong to me.

Reflection

What makes you angry?

How do you hide and distract from your anger?

How can you love yourself and others with anger?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Anger I Have a Right To

A lot of anger is righteous and totally justified anger. This kind of anger gets stuck because we want to hold on to it. We can end up hurting ourselves more in the long run.

Old Story: I cannot let go of this anger I have a right to.

New Story: I am safe letting go of the anger. Justice will be served, so I am safe to let go of anger.

I forgive myself for believing I have to hold onto this anger.

I forgive myself for believing if I let go of anger, I'll be hurt again or unprotected.

I forgive myself for believing anger is the only thing that protects me.

I forgive myself for believing someone else has to change before I can let go of the anger.

I forgive others for hurting my feelings and making me angry.

I forgive others when they hold onto anger they have a right to.

I forgive myself for believing I can't let go of anger that I have a right to.

I forgive others for hurting my feelings with their anger.

I forgive myself for believing the only way I can have boundaries is by using my anger.

I give others permission to forgive me when I hurt them with my anger.

I give others permission to forgive me when they hold onto anger with me.

I give others permission to forgive me for holding on to anger that I have a right to.

I love and accept myself even when I'm afraid letting go of the anger will leave me unprotected.

I love and accept myself even when I'm afraid I have no power without my anger.

I forgive myself for believing I have to keep the anger I have a right to.

I love and accept myself even when I'm afraid holding onto my anger will make things worse.

I love and accept myself even when I'm afraid holding my anger will change nothing.

I love and accept myself even when I'm afraid letting go of my anger will change nothing.

I love and accept myself even when I'm afraid I have nothing without my anger.

I love and accept myself even when I'm afraid I'm defined by my anger, and I don't know who I am without it.

I love and accept myself even when I'm afraid no one else cares about me and my anger.

I love and accept myself even when I'm afraid if I let go of my anger, I won't have any boundaries.

I love and accept myself even when I'm afraid I can't have boundaries without my anger.

I give myself permission to accept I can let go of anger and have boundaries.

I give myself permission to accept I can feel loving and forgiving and have boundaries.

I give myself permission to accept anger does not define my boundaries.

Without this anger, I am free to feel love, forgiveness and happiness, holding strong to my boundaries.

Without this anger, I am free to feel secure and confident in choosing new ways to handle my anger and development of boundaries.

I give myself permission to accept there are thousands of ways to feel and let go of anger, create new connections, and let go of old ones.

I give myself permission to feel confident and happy, letting go of old connections that no longer serve me.

I give myself permission to let go of anger as an act of love for myself and my future connections.

Reflection

What is an anger that you have a right to?

What stops you from giving up the anger you have a right to?

How does this anger help you?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Don't Fit In

You may feel alone and like no one gets you, but I promise there are people out there that you can connect with and who want to connect with you.

Old Story: I don't fit in.

New Story: I belong.

I forgive myself for believing I have to feel alone.

I forgive myself for believing I'll always feel like I don't fit in.

I forgive myself for believing it's my fault I can't find anyone to connect with, and no one connects with me.

I forgive myself for holding onto abandonment with someone I love as a reason not to connect with anyone else.

I forgive myself for believing someone else has to change before I can feel connected or like I fit in.

I forgive myself for believing I have to hold onto old patterns where I never fit in.

I forgive others when they hurt my feelings and don't let me fit in.

I forgive others when they hurt my feelings because they abandon me because I'm weird.

I forgive myself for believing I can't get along with anyone because I'm too special and unique.

I forgive others when they hurt my feelings and don't recognize my special uniqueness.

I give others permission to forgive me when they feel abandoned because I don't recognize their special uniqueness.

I give others permission to forgive me when I don't let them fit in with me.

I love and accept myself even when I'm afraid I'll never fit in.

I love and accept myself even when I'm afraid fitting in means being less special.

I love and accept myself even when I'm afraid no one will like me.

I give myself permission to accept I can find people I fit in with, connect with and belong to.

I give myself permission to let go of the old broken heart where I didn't fit in somewhere I really, really wanted to fit in (like my family).

I give myself permission to feel worthy of belonging.

I give myself permission to find and embrace where I belong.

Without this pattern of feeling like I don't fit in, I'm free to find purpose and belonging somewhere else.

I give myself permission to accept that I belong.

Without this pattern of not fitting in, I am free to see the infinite possibilities of where I can belong and have a purpose.

Without this pattern, I am free to love myself more as a unique person and love others more for their uniqueness.

Reflection

Where do you feel like you don't fit in?

Where do you feel like you would like to fit in?

How have you been ostracized, and why?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Sadness

There are times in life when it feels like the sadness will never go away. It may feel like being happy or having a positive feeling isn't real, or is a betrayal of the truth of sadness. However, it is important to learn to hold both emotions. Being happy doesn't negate sadness, and being sad doesn't negate happiness. Whatever it is that you are stuck feeling sad about, you can be free.

Old Story: I will always be sad.

New Story: I can feel safe being happy.

I forgive myself for believing the sadness will never change in my life.

I forgive myself for believing the sadness is all my fault.

I forgive myself when I make others feel sad.

I forgive myself for believing someone else has to change before I can feel happy and relaxed.

I forgive myself for believing I will always be a sad person.

I forgive myself for believing I'll never get over the sadness.

I forgive myself for believing feeling happy or relaxed disrespects the old relationship that made me sad.

I forgive myself for believing I need to be sad so that someone notices and connects with me.

I forgive myself for believing being sad is the only way to really connect with people.

I forgive myself for depending on someone else to make me happy.

I forgive others when they hurt my feelings and make me sad.

I forgive others when they don't care that I am sad.

I give others permission to forgive me when I blame them for my sadness and why I can't be happy.

I give others permission to forgive me when I make them sad.

I love and accept myself even when I'm afraid being happy won't last.

I love and accept myself even when I'm afraid being happy leaves my loved ones behind and sad.

I love and accept myself even when I'm afraid letting go of sadness wouldn't be good for me.

I give myself permission to accept it's safe to feel happy and relaxed.

I give myself permission to let go of the sadness and trust I've suffered enough.

I give myself permission to accept that I don't have to feel sad all the time.

I give myself permission to pay attention to what makes me happy and to trust that that's real and it is okay to feel relaxed.

I give myself permission to feel sad sometimes.

I give myself permission to feel happy and relaxed even when some things still make me sad.

Without this pattern of sadness, I am free to feel more joy and relaxed in my life and relationships.

Without this pattern of sadness, I am free to be a better person for the people that I love.

Without this pattern of sadness, I am free to love myself even when I get sad.

Reflection

What in the past or present is contributing to your sadness?

What do you need in order to release the sadness? Can you let it go?

When is it okay to be sad?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Depression

Depression can come from a million different places and can be combined with a million different issues, and there are a million different ways it can be helped. It is a normal part of the human experience, and it can heal.

Old Story: I will always be depressed.

New Story: I can be present to joy.

I forgive myself for believing I will always feel depressed.

I forgive myself for believing that the depression is forever.

I forgive myself for believing this depression is my fault because of something I did or didn't do.

I forgive myself for believing someone else has to change before I can let go of depression and be happy.

I forgive myself for anything I did that caused this depression.

I forgive others for hurting my feelings and making me feel depressed.

I forgive others when they ignore my depression or kick me while I'm down and depressed.

I give others permission to forgive me for blaming them for my depression.

I give others permission to forgive me when I don't validate their feelings or their depression.

I forgive myself for believing I have to have a better or a good reason for being depressed.

I forgive others when they hurt my feelings because they think they have better reasons for their depression.

I love and accept myself even when I'm afraid I'll always be depressed.

I love and accept myself even when I'm afraid no one will understand my depression.

I love and accept myself even when I'm afraid I have depression for no reason.

I give myself permission to feel confident and secure, letting go of my depression or of someone else's depression.

I give myself permission to let go of any generational trauma or issues relating to my depression.

I give myself permission to release the depression of my ancestors.

Without this depression, I am free to let go when others don't validate my own depression.

Without this depression, I am free to feel secure and confident being myself even when I'm depressed.

Without this depression, I am free to love myself more and others even when we're depressed.

Without this depression, I am free to be more present in what gives me peace and joy.

Without this depression, I am free to enjoy my life more.

Without this depression, I am free to be a better person for the people that I love.

Without this depression, I am free to love myself more and be happier even when I'm depressed.

Without this depression, I am free to show up differently in my life in relationships.

Without this depression, I am free to be present to joy.

Reflection

What does depression look like for you?

When is it okay to be depressed?

How do you show up for your friends who are depressed?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Anxiety

Anxiety and depression often go hand in hand. When we are anxious, we become overwhelmed with our thoughts and worries to the point of exhaustion: depression. Then, the depression reinforces why we are anxious, and it is a vicious cycle. These affirmations are to let go of the anxiety and have peace.

Old Story: I will always have anxiety.

New Story: I am worthy of peace.

I forgive myself for believing this anxiety is true and will always be this way in my life.

I forgive myself for believing this anxiety and fear are my fault.

I forgive myself for believing I have to be afraid to stay safe or to be loved.

I forgive myself for believing I have to fix what is making my brain overwhelmed.

I forgive myself for believing I can't feel happy or content or worthy until everything is figured out and fixed.

I forgive myself for believing I have to hold on to anxiety and fix everything so that I'm not hurt or broken hearted again.

I forgive myself for believing someone else has to change before I can let go of the fear and anxiety.

I give myself permission to feel confident, secure, and trust, escaping an anxiety-ridden environment.

I forgive others for hurting my feelings when I'm anxious and afraid.

I forgive others for hurting my feelings bringing up the fear and the anxiety.

I give others permission to forgive me when I blame them for my fear and anxiety.

I give others permission to forgive me when I bring up their fear and anxiety.

I love and accept myself even when I'm afraid of letting go of this anxiety that means I'll lose a relationship or I'll fail.

I love and accept myself even when I'm afraid I'll always be anxious.

I love and accept myself even when I'm afraid; I can't ever escape the fear.

I love and accept myself even when I'm afraid I'll fail in the relationship if I don't do everything.

I love and accept myself even when I'm afraid I'll never sleep.

Without this fear and anxiety, I am free to have more peace and let go of doing everything.

Without this fear and anxiety, I am free to feel more trust and to feel more worthy of healthy relationships.

Without this fear and anxiety, I am free to feel secure, safe and complete in my life.

I give myself permission to feel more secure, safe and confident in my relationships without being reminded of the old ones that caused fear and anxiety.

I give myself permission to let go of the old relationships so that I can be free and feel more confident and secure in new relationships.

I give myself permission to love myself more and have more peace in my relationships.

Without this pattern I am free to show up more confident and secure and be a better person for the people that I love.

Without this pattern, I am free to feel more confident and secure letting go when a relationship no longer serves me.

I give myself permission to accept that I am worthy of peace.

Reflection

What does anxiety look like for you?

When is it okay to be anxious?

How do you show up for your friends who are anxious?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Toxic Positivity

There is a time to be positive and a time to feel crappy. Being positive in the times when it is time to feel crappy is toxic positivity. Another form of toxic positivity is assuming that negativity makes negative things happen to you and positivity makes positive things happen to you. No. Just no. Because challenging things will happen that are totally out of your control, these statements will help you let go of the toxic positivity to breed authenticity and more healthy relationships.

Old Story: I can only be happy and loved if I am positive all the time.

New Story: I am safe feeling my real feelings when they are felt.

I forgive myself for believing if I'm not positive bad things will happen to me.

I forgive myself for believing being negative is wrong.

I forgive myself for believing I deserve bad things to happen to me if I'm not positive all the time.

I forgive myself for believing good things only happen to positive people and bad things only happen to negative people.

I forgive myself for believing I have to feel positive every time something bad happens.

I forgive myself for denying my real feelings and invalidating myself to be toxically positive.

I forgive my friends when they invalidate my feelings in a crappy situation.

I forgive myself for believing I have to pretend to feel okay when it's not okay.

I forgive others for hurting my feelings when they are toxically positive and invalidating.

I give others permission to forgive me when I am toxically positive and invalidating.

I love and accept myself even when I'm afraid the unpleasant feelings are too overwhelming.

I love and accept myself even when I'm afraid it won't be good to feel my feelings.

I love and accept myself even when I'm afraid. I have to be positive for all the people around me.

I give myself permission to feel worthy, calm, and content feeling what I feel.

I give myself permission to feel all the sadness and grief before I move on to the bright side.

I give myself permission to feel safe, secure, and confident, not being positive.

I give myself permission to let go of any toxic positivity that exists in my life.

I give myself permission to feel free, authentic and real with my feelings.

I give myself permission to feel worthy of support when things are hard and when things are good.

Without this pattern of toxic positivity, I am free to feel the sadness and grief without judgment of myself.

Without this pattern of toxic positivity, I am free to love myself more and love others more with their feelings.

Without this pattern of toxic positivity, I am free to feel through my feelings instead of pretending.

Without this toxic positivity, I am free to feel confident in my ability to get through a tough thing.

Without this toxic positivity, I am free to validate the feelings of people that I love.

I give myself permission to accept that I am safe feeling my real feelings when they are felt.

Reflection

What is an example of toxic positivity in your life?

How can you validate your own feelings without being toxically positive?

Where do you need to feel the real feelings in your life?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Setting Boundaries

Setting boundaries is all about communication. You are allowed to not want to talk about something for your own self-preservation or even the preservation of the relationship. Boundaries do not have to be permanent, impermeable or never-changing. They are an ongoing conversation within yourself and with the important people in your life.

Old Story: I am not allowed to have boundaries.

New Story: I can create boundaries, and they are respected.

I forgive myself for believing it's not safe for my relationship to have healthy boundaries.

I forgive myself for believing communication isn't safe.

I forgive myself for believing not having healthy boundaries is my fault.

I forgive myself for believing I can't feel confident in myself and my relationship with a boundary.

I forgive myself for holding on to anger when others have boundaries.

I forgive others for hurting my feelings when they push my boundaries.

I forgive myself for believing I'm not safe if my boundaries are pushed.

I give others permission to forgive me when I push their boundaries.

I give myself permission to feel more confident and secure having a conversation about boundaries.

I forgive myself for believing I'm not allowed to communicate how I feel or my boundaries.

I forgive others for invalidating my feelings and my boundaries.

I love and accept myself even when I'm afraid I'll lose the relationship if I have a boundary.

I love and accept myself even when I'm afraid having boundaries isn't good for me.

Without this fear of losing the relationship, I am free to feel confident using my voice and communicating what I want and don't want.

I give myself permission to feel secure being heard by the people I love.

I give myself permission to feel secure, safe and confident using my voice.

I give myself permission to be wise with how I communicate my boundaries.

I give others permission to be open to and respect my boundaries.

I give myself permission to respect other's boundaries.

I give myself permission to feel safe, secure and confident communicating in my relationships.

I give myself permission to let boundaries be an ongoing conversation with the people that I love.

Reflection

What boundaries do you want to set, and with whom?

What makes setting and keeping boundaries difficult for you?

How will you reinforce boundaries that are broken?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Toxic Relationships

Letting go of a toxic relationship can be complicated, but ultimately, letting go is for the health of both people. Love does not mean allowing someone to treat you like trash.

Old Story: I must be disrespected to be loved.

New Story: My relationships are mutually respectful and loving.

I forgive myself for believing I have to hold on to a toxic relationship to be happy.

I forgive myself for believing I'm going to be alone unless I keep this relationship.

I forgive myself for repeating patterns of old toxic relationships in my current relationships.

I forgive myself for believing it's my job to fix the toxic person.

I forgive myself for believing I need the toxic person to show me love before I can be happy.

I forgive myself for believing they have to change before I can let go and feel confident and secure in myself.

I forgive myself for believing I am only worthy of a bad relationship.

I forgive myself for believing this is as good as a relationship gets.

I forgive myself for believing I need a toxic relationship to fix an old generational pattern in my life.

I forgive my ancestors for holding on to toxic relationships.

I forgive myself when I am toxic to someone else.

I forgive others for hurting my feelings when they blame me for the toxicity.

I forgive my toxic partner for not choosing love and being entitled.

I give others permission to forgive me when I can't show love by leaving the relationship.

I give others permission to forgive me when I take my power in the relationship to protect myself and the people I love.

I give myself permission to let go of what I could have done to change the past.

I give myself permission to let go of changing the past and the choices that I made.

I give myself permission to feel secure and confident, letting go of the relationship being any different.

I give myself permission to feel more compassion and love for myself, figuring out the best course of action for my relationship.

Without this fear and abandonment I am free to be empowered and independent and strong and be respected for it.

Without this toxic relationship and toxic pattern, I am free to show up empowered and motivated to change the story.

Without this toxic relationship, I'm free to love myself more, growing and healing physically, emotionally and spiritually.

I give myself permission to feel trust and confidence in discovering healthy, respectful relationships with good communication, authenticity and love.

Reflection

What is a toxic relationship you need to let go of?

How is the relationship toxic?

What would you say to a friend in the same kind of relationship?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Death Of A Loved One

There is so much that can be experienced with grief. It is like a mess of emotions: anger, fear, abandonment, sadness, even joy. These statements barely touch the surface of what a person can experience. But here, we affirm that the person who loves us and is gone wants us to heal, grow, and be better without them physically present.

Old Story: I will never feel joy again.

New Story: I am joyful and grateful for their time in my life.

I forgive myself for believing the grief will always be this bad.

I forgive myself for believing I have to hold on to grief to honor the person I loved.

I forgive myself for believing this grief is my fault.

I forgive myself for believing the person I loved has to change or come back, or I have to be with them before I can relax and be happy.

I forgive myself for believing nothing will ever be good again.

I forgive myself for believing I'll never be happy again.

I forgive myself for holding on to old joy and rejecting new joy.

I forgive myself for believing that having joy without this person disrespects their memory.

I forgive myself for believing I can't heal from this loss.

I forgive myself for anything I did or didn't do before this loss.

I forgive myself when I use this loss as a way to stop from growing and healing.

I forgive the person I love for dying.

I forgive the person I love for hurting my feelings and leaving when I wasn't ready.

I forgive others when they're insensitive about my loss.

I give others permission to forgive me when I am insensitive about their loss.

I forgive others for hurting my feelings when I was full of grief and loss.

I love and accept myself even when I'm afraid I'll never heal from this grief and loss.

I love and accept myself even when I'm afraid I can't handle this again.

I love and accept myself even when I'm afraid I did everything wrong before the loss.

I love and accept myself even when I'm afraid I'll never get another chance.

I love and accept myself with this grief.

I give myself permission to accept that my loved one wants me to heal.

I give myself permission to accept I can relax and be happy knowing my loved one is at peace and desires me to have peace.

I give myself permission to accept that we had all the time we needed together.

I give myself permission to feel all the grief and sadness and release it from my body, mind and spirit.

Without this grief, I'm free to feel more relaxed and, more healed and complete with the person I love.

Without this abandonment, I am free to feel more secure, safe and confident without them here.

Without this grief, I am free to trust they love me and want what's best for me.

Without this grief, I am free to let go and grow.

Reflection

What grief do you need to let go of?

What fears do you have about letting go?

What would your loved one say to you about letting them go?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Accident

Things happen that feel like they are in our control but then aren't. When something bad happens because of something **we think** we could have prevented, it's hard to let go. However, it is important to let go so that it doesn't happen again, but if it does, now we have the tools to be more compassionate and heal.

Old Story: This accident is all my fault. I should have done something to stop it.

New Story: I am secure with the choices I make. I am worthy of a good life even with this accident.

I forgive myself for believing I have to hold on to fear because of the accident.

I forgive myself for believing this accident is all my fault.

I forgive myself for believing I can't feel confident or loving towards myself because this happened.

I forgive myself for whatever I did or didn't do that caused this accident.

I forgive myself for believing I'm a bad person because this happened, and I wasn't paying attention.

I forgive myself for believing somebody else has to change before I can let go of what I did or didn't do that caused this.

I forgive others for hurting my feelings because of this accident.

I give others permission to forgive me when I blame them for the accident.

I give others permission to forgive me when I can't love myself because of this accident.

I love and accept myself even when I'm afraid it's going to happen again.

I love and accept myself even when I'm afraid I can't let go and be myself anymore because this accident happened.

I give myself permission to feel more confident and trust in myself even though this happened or even though it was my fault.

I give myself permission to let go of the fear and my lack of confidence because of this accident. I give myself permission to be free and grow and heal and be better beyond this accident.

I give myself permission to let go of the fear and let go of the insecurity so that I can love myself more and grow even though this happened and it might have been my fault.

I give myself permission to let go of the fear and the insecurity and feel more secure and happy growing through this.

I give myself permission to know I'm worthy of love even though this accident might have been my fault.

I give myself permission to know I am still worthy of love and compassion even though this accident happened.

Reflection

What is an accident that happened where you felt out of control?

How can you love yourself more, even with this accident?

What would you say to someone you loved who experienced the same accident?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Being Kind When I Don't Want To Be Kind

Every person deserves dignity and respect. When we are not treated with dignity and respect it is easier to choose not to be mean and angry and unkind. But isn't that how cycles of violence never end? Choosing to be kind even when you don't want to be kind can mean not saying or doing anything. Choosing to be kind can mean giving someone else permission to be kind on your behalf. Choosing to be kind is not letting another person control my well-being.

Old Story: I cannot ever be kind to them.

New Story: All people deserve dignity and respect.

I forgive myself for believing I can't be kind to them.

I forgive myself for believing people have to earn kindness.

I forgive others for treating me like I have to earn their respect and kindness.

I forgive myself for believing it's my fault when someone isn't kind to me.

I forgive myself for believing someone else has to change before I can choose to be kind.

I forgive myself for believing other people have to earn my kindness and respect for me to treat them with dignity.

I forgive others when they treat me like I had to earn my human dignity and be treated with kindness and respect.

I give others permission to forgive when I didn't treat them with kindness and respect.

I forgive myself for believing I can't be kind if I don't want to be kind.

I forgive myself for believing pretending to be kind is too hard.

I forgive myself for believing that kindness is a weakness

I give myself permission to take a break when I don't feel like being kind.

I give myself permission to be still when I don't feel like being kind.

I give myself permission to not do or say anything when I don't feel like being kind.

I give myself permission to feel more kindness and compassion towards myself when I don't think I deserve kindness.

I forgive myself for believing I have to be angry instead of kind.

I forgive myself for believing I can't be angry and kind at the same time.

I give myself permission to be empathetic to others when they're not being kind.

I give myself permission to extend perspective and understanding to others that I would hope they would extend to me.

I am kind.

I can choose kindness even when I don't want to.

I give myself permission to accept that doing nothing can be kind.

I can choose compassion for myself and for others.

Kindness is strength.

Reflection

What makes you want to not be kind?

Do people need to earn kindness?

When is it okay not to be kind?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Entitlement

Entitlement is a complicated issue. I like to believe that we are all entitled to dignity and respect, but beyond that, everything is a gift. Even dignity and respect can feel like a gift sometimes. These statements are to help you let go of what you think you deserve before you can be happy and see it all as a gift.

Old Story: I am entitled.

New Story: Everything is a gift. I am grateful.

I forgive myself for believing I'm entitled to something.

I forgive myself for holding on to anger when I don't get what I want.

I forgive myself for believing I have to be angry to get what I want.

I forgive myself for believing I can't enjoy what I have until I get the thing I don't have.

I forgive myself for believing I'm not worthy until I get what I want.

I forgive myself for believing I can't feel confident and secure in myself until I get the thing I never got.

I forgive others for hurting my feelings when they didn't give me what I thought I deserved.

I give others permission to forgive me when I don't give them what they think they deserve.

I forgive others for withholding love, respect or kindness.

I forgive others for hurting my feelings when they took something away.

I give others permission to forgive me when I withhold love, respect, or kindness.

I love and accept myself even when I'm afraid I'll never get the thing that I want.

I give myself permission to feel more secure and confident in being creative in my relationships and with what I have.

I give myself permission to accept I have everything that I need.

I give myself permission to feel more secure and confident in being generous with how I give, even though that generosity was not extended to me.

I give myself permission to let go of someone else changing before I can feel happy and grateful for what I have.

I forgive myself for believing I'm more special than anybody else.

I give myself permission to feel confident and secure with what I have.

I give myself permission to raise my level of gratitude for what I have.

Without this insecurity that I didn't get what I wanted, I am free to create a life with what I want.

Without this insecurity and abandonment I am free to feel confident and secure with what I have and what's given to me.

Without this anger, I am free to feel more happy and relaxed giving and receiving.

Without this insecurity, I am free to let go of needing something before I can feel worthy.

Without this insecurity, I am free to let go of and give away what I think is too valuable to share because I know the truth: there is enough, there is abundance, and I am enough.

Reflection

What entitlements do you feel that you have?

How do others act with entitlement that bothers you?

What expectations and validations do you need to release?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Love My Body

There seems to be something in the air of our society about bodies. It is as if our bodies must be perfect or look perfect before we deserve to be loved and accepted. If we are sick, then it means we are being punished. If your body is not perfect, then it means that you are not smart or cool, or that you are lazy, gross, or sinful. No. All bodies are beautiful. All bodies are worthy of love, dignity, and respect—including yours!

Old Story: I hate my body.

New Story: I love my body.

I forgive myself for believing my body has to change for me to be happy.

I forgive myself for believing I can't love my body until it is something different.

I forgive myself for believing I have to hate my body to get it to do what I want.

I forgive myself for holding on to insecurity and anger towards my body.

I forgive others for judging my body.

I forgive others for hurting my feelings when they comment on my body.

I give others permission to forgive me when I judge their body or comment on their body.

I forgive myself for not loving my body.

I love and accept myself even when I'm afraid my body will never be what I want it to be.

I love and accept myself even when I'm afraid I'll never love my body, and no one else will ever love my body.

I give myself permission to accept I am in the body I'm supposed to be in.

I give myself permission to feel courageous and secure in my body however I want to present myself.

I give myself permission to let go of anger and insecurity and love my body no matter what.

I give myself permission to feel grateful for my body and, what my body can do and how my body looks.

I give myself permission to see all bodies as beautiful, including mine.

I give myself permission to let go of having the perfect body before I can be happy, secure, and confident.

I give myself permission to feel worthy, calm and content in my body.

I give myself permission to be more relaxed and confident in my body.

I give myself permission to let go of any insecurity so that I can be a better person for others struggling with their body.

I give myself permission to let go of controlling every aspect of my body before I can feel confident or happy in my body.

I give myself permission to accept what my body can and can't do.

Reflection

What body issues do you have?

What do we need to overcome to accept all bodies?

How do you want your loved ones to perceive their own body?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

This Shouldn't Have Happened To Me

Whatever it was, it probably shouldn't have happened to you. Someone should have been there to love and protect you. Something different should have happened. But it didn't. This did. What happened to you cannot be changed, but how you feel about it can change.

Old Story: I can't be happy with the way my life was/is.

New Story: I can be happy with how my life is now, even with what happened to me.

I forgive myself for believing I can't feel happy because this happened to me.

I forgive myself for believing this thing that happened to me will ruin my life forever.

I forgive myself for believing my joy is gone because this happened to me.

I forgive myself for believing this is all my fault and I ruined everything.

I forgive myself for anything I did or didn't do that caused this to happen to me.

I forgive myself for believing I can't recover from this happening to me.

I forgive myself for holding on to anger because this happened to me.

I forgive myself for believing that this insecurity will always be this way because this happened to me.

I forgive others when they judge me or define me by this thing that happened to me.

I forgive others for hurting my feelings because this happened to me

I give others permission to forgive me when I judge them because of what happened to them.

I give others permission to forgive me when I blame them for why this happened.

I love and accept myself even when I'm afraid I'll never feel confident or happy again because this happened.

I love and accept myself even when I'm afraid it's going to happen again.

I love and accept myself even when I'm afraid I can't feel trust in myself or others because this happened.

I love and accept myself even when I'm afraid I'll never be worthy because this happened.

I give myself permission to accept I can feel worthy even though this happened.

I give myself permission to accept I can feel happy and relaxed even though this happened.

I give myself permission to accept I can help others that this has happened to.

I love and accept myself for whatever I did or didn't do about this happening.

Without this fear and anxiety about what happened, I am free to be authentic and choose what's best for me and my relationships.

Without this fear, I'm free to love myself and the choices that I made regardless of what happens.

Without this fear, I am free to let go of the shame I feel because of what happened.

Without this fear, I am free to embrace trust and confidence in myself about what happened and what my future holds.

Reflection

What is something that should have never happened to you but it did?

If you could go back in time and be there, what would you do to protect yourself now?

What will you do differently now to make a better future for yourself and your loved ones?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Can't Pay Attention

Hilariously, when I was going through editing this book, I somehow missed this page entirely. Clearly, I wasn't paying attention. Or maybe it is a wake-up call to what I need to turn my attention to that I don't want to.

Old Story: It is too painful to pay attention.

New Story: It is safe for me to pay attention now.

I forgive myself for believing I can't pay attention because it's too painful.

I forgive myself for believing I have to hold onto fear because it's too painful to pay attention.

I forgive myself for believing that not paying attention is my fault.

I forgive myself for believing the fear has to go away before I can pay attention.

I forgive myself for believing someone has to change and help me or protect me before I can pay attention.

I forgive myself for believing that the old memory of pain has continued to prevent me from paying attention.

I forgive myself when I hurt others' feelings when I'm not paying attention to them.

I forgive others for hurting my feelings when they were not paying attention to me.

I give others permission to forgive me for blaming them for why I can't pay attention.

I forgive others for hurting my feelings when I couldn't pay attention.

I give others permission to forgive me when I can't pay attention.

I love and accept myself even when I'm afraid paying attention is too painful.

I love and accept myself even when I'm afraid there's no joy in paying attention.

I forgive myself for believing I have to avoid the pain to be happy.

I give myself permission to feel confident and safe, paying attention to things that are painful.

I give myself permission to let go of the old fear of paying attention so I can act confidently in uncomfortable or painful situations now.

I give myself permission to let go of fear so that I can connect confidently in my relationships now.

I give myself permission to love myself and be compassionate with myself when it's hard to pay attention and connect in my relationships.

Without this fear of paying attention, I am free to feel secure and confident in my ability to be present and pay attention.

Without this fear, I am free to feel safe paying attention.

Without this fear, I am free to love others when they can't pay attention.

Without this fear, I am free to help others who can't pay attention.

Without this fear, I'm free to be present in joy and peace.

Reflection

What are you not paying attention to?

Why don't you want to pay attention?

What can you do to pay attention?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Am Too Stressed

Yes. You are too stressed. The stress is real, but the stress doesn't have to stop you from authentic joy and connected relationships.

Old Story: I am stressed all the time.

New Story: I can connect with peace in my life and relationships.

I forgive myself for believing I have to feel stressed all the time.

I forgive myself for believing the stress will never be better.

I forgive myself for believing the stress is my fault.

I forgive myself for believing someone else has to change before this stress can be better.

I forgive myself for anything I did or didn't do that caused this stress.

I forgive myself for believing my personality is being stressed.

I forgive myself for believing I can't feel at peace until everything is taken care of.

I forgive myself for believing peace is impossible unless someone changes or everything is done perfectly.

I forgive myself for believing I have to continue to feel stressed as long as someone's feelings are hurt.

I forgive myself for holding on to old memories that keep this stress going even when there's nothing to be stressed about.

I forgive myself for believing I can't feel secure and calm as long as there are stressful things happening.

I forgive others for hurting my feelings by making me feel stressed.

I forgive others when they stress me out.

I give others permission to forgive me when I stress them out.

I give others permission to forgive me when I blame them for my stress.

I love and accept myself even when I'm afraid the stress will never go away.

I love and accept myself even when I'm afraid I'll never feel calm or content.

I give myself permission to accept I can feel calm and content even when things are stressful.

I give myself permission to let go of all the stress before I can feel secure, calm and content.

I give myself permission to feel peace.

I give myself permission to let go of using stress as a way to be important or avoid the people I love.

Without this stress, I'm free to feel more secure and peaceful.

Without this stress, I am free to feel more worthy, calm and content in my relationships and in my life.

Reflection

What is stressing you out?

What can you do for yourself to relieve that stress?

What would you say to someone you love who is as stressed as you?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Don't Have Enough Time

Our time is finite, and we do not know how much or how little we have, but it always feels like there is not enough. Someone is gone, and there wasn't enough time with them. You are sick and running out of time. What is the point of life if I cannot experience everything?

Old Story: I don't have enough time.

New Story: I am grateful for the time I have.

I forgive myself for believing not having enough time will always be this way in my life.

I forgive myself for believing that not having enough time is all my fault.

I forgive myself for every time I hurt someone's feelings because I don't have time.

I forgive myself for believing not having enough time will never change.

I forgive myself for believing someone else has to change before I can have time.

I forgive myself for believing someone else has to change before I can let go of the frustration and anger when I don't have enough time.

I forgive myself for holding on to frustration and anger when I don't have time.

I forgive others when they take away my time.

I forgive others for hurting my feelings when I don't have enough time with them.

I give others permission to forgive me when I waste or take away their time.

I give others permission to forgive me when I blame them for the anger I feel because my time was wasted or I ran out of time.

I give others permission to forgive me when I take away their time.

I love and accept myself even when I'm afraid I don't have any time.

I love and accept myself even when I'm afraid not having enough time will always be this way.

I love and accept myself even when I'm afraid I'm running out of time.

I give myself permission to accept there's plenty of time.

I give myself permission to feel secure and confident in the present with what I can and can't do.

I give myself permission to have more confidence and trust in what I can accomplish in the time I've been given.

I give myself permission to feel more love, forgiveness and happiness even when I run out of time, or someone takes my time, or someone doesn't have time for me.

I give myself permission to feel more present in the time I have.

I give myself permission to feel efficient in the time that I have.

I give myself permission to feel secure and content with the time that I have.

Without this lack of control over time, I am free to trust in the time that I have in my relationships.

Reflection

What would you do if you had more time?

What fears do you have about losing time?

All we have is the present. How can you be more present to your loved ones now?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Hate My Family

Family is the cause of many of our joys and sorrows, or maybe just sorrow. But any hatred in your heart for whoever or whatever reason is like a disease of humanity. To hate another person or group is to hate yourself because you share the same blood, DNA, and planet.

Old Story: I hate them.

New Story: I love them.

I forgive myself for believing my family will always make me angry.

I forgive myself for believing I have to hold on to anger with my family.

I forgive myself for believing that holding on to anger with my family will make something better or change.

I forgive myself for believing that holding on to anger is the best way to feel better about my family.

I forgive myself for believing that it's my fault I hate my family.

I forgive myself for believing someone in my family has to change before I can feel happy and let go of hate.

I forgive myself for believing I can't love myself because I hate my family.

I forgive myself for believing I can't heal or be happy until my family is healed and happy.

I forgive my family for hurting my feelings when I'm not who they want me to be.

I forgive my family for not being who I want them to be.

I forgive my family for making me angry and hateful.

I give my family permission to forgive me when I blame them for why I feel angry and hateful.

I give my family permission to forgive me when they want to hate me.

I give others permission to forgive me when I hate them, and I don't know what else to do.

I love and accept myself even when I'm afraid holding onto hate is the only way to be connected to my family.

I love and accept myself even when I'm afraid this hatred will never go away.

I love and accept myself even when I'm afraid my family will never change.

I love and accept myself even when I'm afraid I'll hate myself as long as I hate my family.

I give myself permission to accept I can feel loving, forgiving and happy with my family without being close to them.

I give myself permission to accept I can love my family from a distance and with boundaries.

I give myself permission to accept I can feel secure and confident even if they don't feel secure and confident.

I give myself permission to let go of the judgment and hatred that is put towards me when I am choosing to be kind to my family.

Without this anger and hatred, I am free to feel more love and security in whatever family and community I choose to create.

Reflection

What do you hate about your family?

What can you be grateful for that your family gave you?

What chosen family do you want to create in your life?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Strained Relationship With My Kids

Kids are stressful. As time goes on, it can feel more strained between you and your kids. It may be related to an old hurt, or it may be a generational pattern in your family of estrangement. These statements are to help let that strained feeling go.

Old Story: I'll always be angry with my kids.

New Story: I can connect with my children.

I forgive myself for believing I'll always be angry with my kids.

I forgive myself for believing this broken relationship is all my fault.

I forgive myself for believing this anger with my kids can't change.

I forgive myself for believing my child has to change and be something different before I can feel happy or let go of anger.

I forgive myself for believing I didn't do anything wrong.

I forgive myself when I hurt my kid's feelings by invalidating them or failing.

I forgive my child for hurting my feelings.

I forgive myself when I don't try to fix the relationship or listen.

I forgive my kid for not trying harder to fix our relationship.

I give my kids permission to forgive me when I blame them for why our relationship is broken.

I give my child permission to forgive me when I invalidate or don't listen.

I give my child permission to forgive me when I can't change.

I love and accept myself even when I am afraid that this relationship will never be fixed.

I love and accept myself even when I'm afraid I'll always be angry, or they will always be angry with me.

I love and accept myself even when I'm afraid I was never a good parent.

I love and accept myself even when I'm afraid I was a good parent, and they still hated me.

I give myself permission to accept there's no such thing as a perfect parent.

I give myself permission to respect my child and their boundaries even when I don't like them.

I give myself permission to feel secure and confident connecting with my kid in a different way.

I give myself permission to let go of anger and see my children for who they are and love them still.

I give my kids permission to see me, love me, and forgive me.

Without this anger with my child, I am free to love them for who they are.

Without this anger, I am free to listen and be real with my kids.

Without this anger, we are free to have peace in our relationship, even from a distance.

Without this anger, I am free to love my kids even though they don't do what I want.

Without this anger, I am free to feel more secure and confident in letting my children make their decisions and still love them.

Reflection

What is happening in your life that is straining your relationships?

What is the conversation you want to have with the strained relationship?

What would happen if you let the relationship go?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Extreme Fear

Fear is what holds us back from change. Letting go of fear allows us to jump or ease into new ideas, relationships, and opportunities. There will probably always be a little bit of fear, nervousness, and excitement, but it doesn't have to immobilize you.

Old Story: I will always be afraid.

New Story: Fear has no power over me. I am courageous.

I forgive myself for believing I have to be afraid.

I forgive myself for believing that this fear is my fault.

I forgive myself for believing being afraid is what keeps me safe.

I forgive myself for believing I don't know who I am if I'm not afraid.

I forgive myself for believing I need someone else to change and protect me before I can let go of this fear.

I forgive myself for believing I'm supposed to be afraid all the time.

I forgive myself for holding on to a trauma that makes me afraid of everything all the time.

I give others permission to forgive me when I blame them for my fear.

I forgive others for hurting my feelings when I was afraid.

I forgive others for instilling this fear in me.

I forgive myself for believing what someone else told me—that I need to be afraid.

I love and accept myself even when I'm afraid I won't be safe.

I love and accept myself even when I'm afraid this fear won't get better.

I give myself permission to feel more trust and confidence in my life and relationships.

Without this fear, I am free to feel more trust and confidence in my life in relationships.

I give myself permission to accept I can let go of fear and still be me.

I give myself permission to accept I'm safe where I am.

I give myself permission to let go of the past trauma that triggers fear in the present when I'm safe.

I give myself permission to feel safe connecting to the present moment when it's safe.

Without this fear, I am free to discern what's safe and what is not safe.

I give myself permission to accept I can be brave.

I give myself permission to love myself more even when I'm afraid.

I give myself permission to be there for others when they're afraid.

I give others permission to forgive me when I make them afraid.

Reflection

What are you extremely afraid of?

What comfort do you need to be less afraid?

What community do you need to feel more secure and confident in yourself?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Fear Of Being Hurt

A relationship may not end well, and it makes someone afraid to have another one. There is a vulnerability in healthy relationships and hurts will happen. These affirmations are to help let go of the hurt and open back up to healthy vulnerability.

Old Story: Relationships only cause hurt.

New Story: Authentic love in relationships is worth it. I am worth it.

I forgive myself for believing I have to be afraid I'm going to be hurt.

I forgive myself when I end a relationship because I'm afraid I'm going to be hurt.

I forgive myself when I self-sabotage because I'm afraid I'm going to be hurt.

I forgive myself for believing all my relationships will end in hurt.

I forgive myself for believing I can't enjoy my relationships if they're going to end in hurt.

I forgive myself for believing the other person has to change so I don't get hurt.

I forgive myself for believing this hurt is my fault because I stayed in the relationship.

I forgive myself for holding on to an old relationship where I was hurt and applying it to all my relationships.

I forgive them for hurting me.

I give others permission to forgive me when I hurt them.

I give others permission to forgive me when I'm afraid I'm going to be hurt.

I give others permission to forgive me when I break up the relationship or self-sabotage because of my fear of being hurt.

I love and accept myself even when I'm afraid I can't have a relationship without being hurt.

I love and accept myself even when I'm afraid I'm going to be hurt in a relationship, even though it's good.

I love and accept myself even when I'm afraid; the better the relationship the more hurt.

I love and accept myself even when I'm afraid I'm going to hurt someone else in the relationship.

I give myself permission to accept. I can feel safe and secure in my relationships.

I give myself permission to accept love in my relationships even if I get hurt.

I give myself permission to accept that even though I was hurt in the past, that doesn't mean I will be hurt in all my relationships.

Without this fear, I am free to see the love in my relationships.

Without this fear, I am free to connect in my relationships.

Without this fear, I am free to let go of the old relationship where I was hurt and feel more confident in my new relationships.

Without this fear, I am free to love myself and love others more in our relationship.

Without this fear, I am free to trust love and feel worthy of love because I am here to be loved.

Reflection

Why is it so difficult to be vulnerable?

What kind of vulnerability is safe?

Who do you know that is confident in their vulnerability?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Fear Of Losing

We try, and we try, and we try and we lose. What is the point of doing anything, if not to win? Perhaps this was a belief from your past—losing is the worst possible thing that can happen. If I lose, then that means I am a loser. This day is to undo that.

Old Story: I am a loser.

New Story: I am worthy of goodness and greatness even if I lose. I can try, and that is enough.

I forgive myself for believing I have to hold on to anger or frustration when I'm losing.

I forgive myself for believing I have to be afraid of doing something because I might lose.

I forgive myself for believing I'm going to lose.

I forgive myself for believing it's my fault I lost.

I forgive myself for believing I have to win in order to be happy.

I forgive myself for holding onto a past loss that really hurt me.

I forgive myself for using an old loss to prevent me from trying in the present.

I forgive myself when I can't see where I have won.

I forgive myself for believing someone else has to change before I can let go of the anger and fear.

I forgive myself for believing I can't do the thing that I want because I'm just going to lose.

I forgive others when they hurt my feelings when I lose.

I forgive others when they win, and I lose.

I give others permission to forgive me when I win, and they lose.

I give others permission to forgive me when I blame them for the fear of doing something because I might lose.

I love, and I accept myself even when I'm afraid I'm going to lose.

I love and accept myself even when I'm afraid I'll win, but it will be taken away from me.

I love and accept myself even when I'm afraid I'm a loser.

I love and accept myself even when I'm afraid I'll never be good enough to win.

I love and accept myself even when I'm afraid I can't feel secure or confident in myself unless I'm winning.

I give myself permission to accept I can feel confident and secure in myself even when I lose.

I give myself permission to feel confident and to feel more gratitude for my losses and how they direct my life.

I give myself permission to feel more confident and secure pursuing my passions and creativity whether or not I lose or win.

I forgive myself for believing my passions and creativity aren't worth going after if I lose.

Without this fear I'm going to lose, I am free to feel confident and secure in myself even if I lose. Without this fear, I'm going to lose, I can pay attention to where I win.

Without this fear I'm going to lose, I can feel more secure and confident in finding places where I can cooperate, and everyone wins.

Without this fear, I am free to let go of a world where there are only winners and losers.

Without this fear, I am free to see a new way where I can grow and heal.

Reflection

When have you felt like a loser in your life?

What do you think needs to happen to feel like a winner?

Why don't you believe you are worthy, win or lose?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Fear Of Rejection

What else keeps us from trying or from being in the relationship? Just like with hurt and losing: fear of rejection. Maybe it is from bullying. Maybe a parent didn't accept or see you. Letting go of this fear frees us to keep connecting and discover belonging.

Old Story: I am always rejected.

New Story: I belong.

I forgive myself for believing I have to be afraid I'm going to be rejected.

I forgive myself for believing it's my fault I'm rejected.

I forgive myself for believing someone else has to change and accept me before I can feel happy and secure in myself.

I forgive myself when I reject someone else.

I forgive myself when I do something that makes me be rejected.

I forgive old generational patterns where people in my family were rejected.

I forgive myself when I hold myself back in a relationship because I'm afraid I'll be rejected.

I forgive myself for believing I have to be somebody else so that I'm not rejected.

I forgive others when they expect me to be somebody else or else they'll reject me.

I forgive others for hurting my feelings when they reject me.

I give others permission to forgive me when I blame them for my rejection.

I give others permission to forgive me when I reject them.

I love and accept myself even when I'm afraid I'm a reject.

I love and accept myself even when I'm afraid I can't feel secure unless I am accepted.

I love and accept myself even when I'm afraid I reject myself.

I give myself permission to accept there is a place I belong.

I give myself permission to let go of this fear I'll be rejected so that I can be my authentic self and thrive in authentic relationships.

Without this fear of rejection, I'm free to thrive in my life and relationships.

Without this fear of rejection, I am free to feel secure and confident in myself even when someone rejects me.

Without this fear of rejection, I can be rejected and not, and trust there's still a place for me and people for me.

I give myself permission to accept there's a place, and there are people for me.

Reflection

Where have you felt rejected?

Is there anyone in your life that you have rejected?

Where do you want to belong? Where do you feel like you belong?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Fear Of Failure

A classic fear: worse than loss, total failure. The truth is that you didn't fail; you were just a human living your life. Don't let failure stop you from learning to trust yourself and try.

Old Story: I am a failure.

New Story: I love myself even when I fail. I am successful.

I forgive myself for believing I have to be afraid of failure.

I forgive myself for believing I'm a failure.

I forgive myself for believing it's my fault I'm a failure.

I forgive myself for believing someone else has to change before I can feel successful.

I forgive myself for believing I'll never be successful.

I forgive myself for holding on to fear every time I try something because I might fail.

I forgive others for hurting my feelings when I failed. I forgive others for placing success so high.

I forgive others for believing I'm a failure.

I give others permission to forgive me when I blame them for my failure.

I give others permission to forgive me when I believe they failed.

I forgive myself for believing I can't feel secure or happy unless I am successful.

I love and accept myself even when I'm afraid I failed.

I love and accept myself even when I'm afraid I can't try something or do something because I know I'll fail anyway.

I love and accept myself even when I'm afraid I'll succeed, but no one will notice.

I love and accept myself even when I'm afraid what I do doesn't matter.

I give myself permission to accept it's okay to fail.

I give myself permission to accept I can feel secure and confident in myself and what I do even when I fail.

I give myself permission to accept failure is a part of life.

I give myself permission to be there for others when they fail.

I give myself permission to keep trying and keep going and feel confident in my abilities even when I fail.

Without this fear of failure, I am free to not give up and to be persistent and recognize my success and the success of others.

Reflection

Where do you feel like you have failed?

What are you grateful for in your failure?

How have you grown through failure?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

Fear Of Success

A lesser known of the fears: fear of success. It may sound silly to some, but to those of us who feel it, it is real. What is going to happen if I'm successful? Will there be more responsibilities? Will I be a bigger letdown? Will I have to leave the people I love behind? Succeeding means breaking through an old story, and the other side is a terrifying unknown.

Old Story: I am afraid of success.

New Story: I am confident in my successes.

I forgive myself for believing I have to be afraid of success.

I forgive myself for believing if I'm successful, I'll leave the people I love behind.

I forgive myself for believing being successful means bigger failure.

I forgive myself for believing I have to be afraid my success will mess something up or take me out of my comfort zone.

I forgive myself for believing my comfort zone is a failure.

I forgive myself for believing success is bad for me.

I forgive myself for believing successful people aren't good.

I forgive myself for believing failure means I'm being humble, and success means I am self-absorbed or prideful.

I forgive others when they hurt me with their success.

I forgive others when they're successful.

I give others permission to forgive me when I blame them for my fear of success.

I give others permission to forgive me when I hurt them with my success.

I love and accept myself even when I'm afraid of being successful, and it alienates me from the people I love.

I love and accept myself even when I'm afraid success will not be good for me or my relationships.

I love and accept myself even when I'm afraid being successful won't fix anything.

I love and accept myself even when I'm afraid it's better to be a failure.

I give myself permission to feel worthy and relaxed about being successful.

I give myself permission to accept my authentic relationships will love and appreciate me whether I'm a success or failure.

I give myself permission to feel secure and confident moving forward with success.

Without this fear, I'm free to feel confident in my success.

Without this fear, I am free to cultivate good relationships when I'm successful or failing.

Without this fear, I am free to be successful.

Without this fear, I am free to recognize my success and let others recognize me.

Without this fear, I am free to celebrate the success of myself and others.

Reflection

What unknown are you afraid will happen if you succeed?

Where has success felt like a burden in your life?

Where have you felt jealous of someone else's success?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I'm Not Good With Money

Financial issues are a real thing that people have a lot of opinions about. In families, we are taught the importance of money. We are taught what to value. We watch and see how other people in our life deal with money, and do our best to figure it out. This negative belief may stem from generations of believing money just isn't for me/us.

Old Story: I'm not good with money.

New Story: I am good with money.

I forgive myself for believing I'm not good with money.

I forgive myself for believing being good with money isn't good for me.

I forgive myself for believing having more money makes me a bad person.

I forgive myself for believing if I'm good with money, people will want more from me.

I forgive myself for believing I'm not worthy of money.

I forgive myself when I'm not good with money.

I forgive myself for believing I had to hold on to anger with myself when I was bad with money.

I forgive myself for believing someone else has to change before I can feel responsible for money.

I forgive others for hurting my feelings when I was responsible with money.

I forgive others for hurting my feelings when I had money.

I give others permission to forgive me when I blame them for why I'm bad with money.

I give others permission to forgive me when I was angry with them because of how they used their money.

I love and accept myself even when I'm afraid I'll always be bad with money.

I love and accept myself even when I'm afraid I won't have money.

I love and accept myself even when I'm afraid I'll be judged because of how I use my money.

I give myself permission to accept I can be responsible with money.

I give myself permission to accept I'm worthy of money.

I give myself permission to accept that I can be confident and secure by being generous with my money.

I give myself permission to feel confident and secure being selfish with my money.

I give myself permission to let go of anger with myself when I'm not good with money.

I give myself permission to let go of any generational patterns where my ancestors were bad with money.

Without this frustration, I am free to be more responsible with my money.

Without this frustration, I am free to let go of generational irresponsibility with money.

Without this frustration, I am free to let go of generational money issues.

Without this frustration, I am free to feel love, forgiveness, and happiness working with money.

I am free to feel worthy of however I want to use my money.

I am free with money.

Reflection

What negative beliefs do you have about money?

What happened to build these beliefs?

What are some positive beliefs and experiences you would like to have with money?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Am Poor

This is a negative belief that may keep you stuck in a relationship, stuck in work, or stuck in the value you feel for yourself. It may also be true that you are financially poor, but you can still feel good, grateful and hopeful through it. These affirmations help to neutralize any negative beliefs about being poor.

Old Story: Being poor is bad, and I'm poor, so I'm bad.

New Story: I can feel safe, secure, and complete regardless of my finances.

I forgive myself for believing I have to feel insecure because I'm poor.

I forgive myself for believing this insecurity and frustration can't be better until I'm rich.

I forgive myself for believing that my worth and joy is dependent on whether I'm rich.

I forgive myself when I equate my self-worth with my money.

I forgive myself for believing this insecurity is my fault because I'm not rich.

I forgive myself for believing someone else has to change and make me rich before I can feel secure and happy.

I forgive myself for holding on to insecurity because I'm poor.

I forgive myself for holding on to insecurity and generational poverty.

I forgive others for hurting my feelings when I'm poor.

I forgive others for blaming me for my own poverty.
I forgive others for hurting me and not being generous.

I forgive others for not helping.

I give others permission to forgive me when I don't help them
or blame them for their own poverty.

I give others permission to forgive me when I blame them for
my insecurity and poverty.

I love and accept myself even when I'm afraid I'll always be
poor.

I love and accept myself even when I'm afraid I'll always have
this insecurity whether I'm rich or poor.

I love and accept myself even when I'm afraid people will only
see that I'm poor.

I love and accept myself even when I'm afraid being rich means
leaving someone I love behind.

I give myself permission to accept that I can feel secure, safe
and complete even when I'm poor.

I give myself permission to accept that I can feel loving and
forgiving and happy with myself poor or rich.

Without this insecurity, because I'm poor, I am free to feel
more secure, confident and worthy of wealth.

Without this insecurity, I am free to see the wealth and worth
that I have.

Without this insecurity, I am free to embrace the abundance
that comes to me.

Without this fear that I'm going to be poor, I am free to have more trust and confidence in the care of others.

Without this insecurity, I am free to be more loving and compassionate to the poor.

Reflection

What does it mean to you to be poor?

How do you care for the poor in your life?

How would your life change if you were more present to abundance?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I'm Not Special

You are special, and you are not special. You are not special because you feel the same feelings that every human feels. You are not special because you are not exempt from pain and suffering. When we believe we are special, then we start to feel entitled to things happening or not happening to us. If we are special, then no one will be able to understand and help. To not be special means that I can actually connect to all the people around me and not hold myself to some "special" standard.

Old Story: I need to be special to be happy.

New Story: It's okay to not be special. I can connect with more people like me!

I forgive myself for believing I have to feel unworthy because I'm not special.

I forgive myself for believing I can only feel worthy or confident in myself if I'm special.

I forgive myself for believing I can't feel happy or secure in myself and what I've been through because it's not special.

I forgive myself for believing I can only offer something to the world if I'm special.

I forgive others for hurting my feelings and not treating me special.

I forgive myself for believing someone else has to change and treat me special before I can feel happy, secure and worthy.

I forgive myself for hating myself because I'm not special.

I forgive myself for believing I can only be worthy if I'm special.

I forgive others for hurting my feelings because I wasn't special.

I forgive others for not treating me special.

I forgive others for hurting my feelings when they were feeling insecure and not special.

I give others permission to forgive me when I blame them for why I feel unworthy and not special.

I give others permission to forgive me when I don't want to treat them special, or I don't think they're special.

I love and accept myself even when I'm afraid I'm not special.

I give myself permission to accept that I can help others better because we're more similar than because we're different/special.

I'll give myself permission to accept I am worthy, whether or not I'm special.

I give myself permission to feel secure and confident and what I have to offer the world as different, unique, and special even if no one else notices.

Without this unworthiness, I am free to be my authentic self and know I'm special, but that doesn't make me better or worse than anyone else.

Without this frustration, I'm free to be loved even when I'm not special.

Without this frustration and insecurity, I am free to let go of being special before I do what I need to do or before I can be loved or have a healthy relationship.

I am free to let go of being special and connect more deeply with the people around me.

Reflection

What do you believe in your life, good or bad, makes you special?

How does it make you feel to consider yourself “not special”?

What do you need to feel worthy?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

No One Loves Me

It is a feeling of loneliness. A time of deep darkness. Something happened, and no one was there. Or perhaps the people in your life seemed too self-absorbed for you to feel loved. It may feel like there is never enough love and definitely not any love for you.

Old Story: No one loves me.

New Story: I am here to be loved.

I forgive myself for believing no one loves me.

I forgive myself for holding on to insecurity from childhood when it felt like no one loved me.

I forgive myself for believing there isn't enough love for me.

I forgive myself for believing I'll never find anyone who loves me.

I forgive myself for believing God doesn't even love me.

I forgive myself for believing that I am not worthy of love.

I forgive myself for believing it is my fault no one loves me.

I forgive myself for believing that someone has to change and love me before I can recognize any of the love around me.

I forgive myself for believing that no other love matters except for the love I didn't get.

I forgive others when they don't love me.

I forgive others for hurting my feelings when I didn't feel loved.

I give others permission to forgive me when I blame them for why I don't feel love.

I give others permission to forgive me for when I can't or don't want to love them.

I give others permission to forgive me when I withhold love.

I love and accept myself even when I'm afraid I'll never be loved.

I love and accept myself even when I'm afraid I'm not worthy of love.

I love and accept myself even when I'm afraid there isn't enough love.

I give myself permission to see that I am loved.

I give myself permission to let go of needing one person's love before I can accept love from anyone else.

I give myself permission to accept that I am here to be loved.

I give myself permission to feel safe being loved.

I give myself permission to feel worthy of love.

I give myself permission to pay attention to the love that people want to give me.

I give myself permission to receive the love that is abundant and for me in the universe.

Reflection

What has happened that made you feel unloved?

Who does love you?

What does being loved mean to you?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

I Am Loved

This is why you are here: to be loved.

Old Story: I have to earn love.

New Story: I am here to be loved.

I forgive myself for believing I have to earn love.

I forgive myself for believing there is something else I have to do to get love.

I forgive myself when I expect someone else to do something before I can extend love to them.

I forgive myself when I don't receive love.

I forgive others when they don't receive love.

I give others permission to forgive me when I don't receive love.

I give others permission to forgive me when I don't give love.

I love and accept myself even when I'm afraid I don't deserve the love.

I love and accept myself even when I'm afraid I will still have to earn the love.

I love and accept myself even when I'm afraid there isn't enough love.

I give myself permission to generously extend love to others.

I give myself permission to accept that there is an abundance of love in the universe for everyone.

I give myself permission to trust that there is enough love for me and everyone else.

I give myself permission to accept that God will make up the difference when I feel I'm not enough or there isn't enough love.

Without this unworthiness, I am free to let myself be loved.

Without this unworthiness, I am free to be creative and enjoy my life and relationships.

Without this pattern of earning love, I am free to love more generously.

Without this pattern, I am free to love others more and to love myself more.

Without this pattern, the generations after me are free to feel and know they are loved no matter what.

Reflection

What love are you willing to receive?

What love do you want to give to the world?

How have you seen and experienced love in your life?

Which statements were the most difficult? Why?

Which statements resonated the most? Why?

You did it! Thank you so much for reading and committing yourself to the transformative work of forgiveness. You are capable of and worthy of even more goodness than you thought was possible!

Buen Camino!

Let me know what you think @PaigeCargioli

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