



EMPOWERING WOMEN TO RECLAIM THEIR STRENGTH AFTER
EXPERIENCING DOMESTIC ABUSE

Affirmations for Healing and Empowerment

These affirmations are powerful tools to help you rediscover your worth, heal from the past, and create the future you deserve. By repeating these affirmations daily, you will begin to reprogram your thoughts and replace self-doubt with self-love and empowerment.

Find a quiet moment each day to speak these affirmations aloud or write them down in a journal. As you do, truly believe the words you're saying, knowing that you are worthy of all the love, peace and joy life has to offer.

Use them all when you need a broader sense of healing; however, focus on the ones that resonate most each day. Over time, you'll begin to notice which affirmations feel the most powerful for your unique journey.

You can also use these affirmations during times of stress or when you feel your strength wavering. Each time you speak these words, you reinforce your inner power and resilience.

Remember, healing is a journey, and these affirmations are here to support you every step of the way.

1. I am worthy of love, peace and respect.
2. I release the pain of my past and embrace my future with hope and joy.
3. Every day, I grow stronger, braver and more confident in who I am.
4. I am deserving of healthy, loving relationships that uplift and support me.
5. My worth is not defined by someone else's actions or words.
6. I trust myself and my intuition to guide me toward what is best for me.
7. I am healing, and I give myself permission to take the time I need.
8. I choose to let go of what no longer serves my highest good.
9. I am free from the past, and I am stepping into my power.
10. I honour my emotions and give myself the grace to feel and heal.
11. I forgive myself for any choices I made that didn't serve me, and I release all guilt.
12. I am worthy of second chances, especially with myself.
13. I trust that every ending is a new beginning, and I am open to new possibilities.
14. I release all toxic energy, and I create space for peace, love and positivity.

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15. I am whole, and I am enough just as I am.
16. My past does not define my future; I am the creator of my own story.
17. I embrace my imperfections, as they are part of my unique beauty.
18. I am worthy of abundance, joy, and all the wonderful things life has to offer.
19. I am not afraid to speak my truth and set healthy boundaries.
20. I deserve to live in peace, and I release all negativity from my life.
21. I have the strength to let go and move forward into a brighter future.
22. I am attracting love, light and healing into my life.
23. I trust that the universe is supporting me as I create a life filled with love and abundance.
24. I am grateful for my journey, as it has brought me closer to my true self.
25. I release the fear of being alone, knowing that I am always enough for myself.
26. I am worthy of receiving all the love and care that I give to others.
27. I am learning to love myself fully, and I celebrate my growth every day.
28. I am no longer tied to the past; I am free to create the life I deserve.
29. I am capable of overcoming any challenge, and I trust in my inner strength.
30. I am proud of how far I've come, and I am excited about where I'm going.
31. I trust that all the right people and opportunities are finding their way to me.
32. I release all fear, doubt, and negativity and replace them with confidence, trust, and love.
33. I deserve to live a life full of joy, and I open myself to receive it.
34. I choose peace over stress, and I create calm and balance in my life.
35. I am worthy of a love that is gentle, nurturing, and unconditional.
36. I honour my boundaries, and I protect my peace.
37. I trust my heart's wisdom and follow its guidance with confidence.
38. I am grateful for every step I take toward healing, and I honour my growth.
39. I am safe, I am loved, and I am supported in this journey of healing.
40. My past does not determine my future, and I am creating a beautiful new chapter in my life.

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