

AFFIRMATIONS

healing after a breakup

I DESERVE A LOVE BUILT WITH TRUST

I DESERVE A LOVE THAT MAKES ME FEEL CALM

I AM ENOUGH

I AM WORTHY OF A HEALTHY RELATIONSHIP

I AM BEAUTIFUL

I AM LOVING

I DESERVE ALL THE GOOD THAT LIFE HAS TO OFFER

I DESERVE TO HEAL FOR PAST HURTS

I ATTRACT ONLY GOOD PEOPLE INTO MY LIFE

I AM A WORTH A LOT

I CAN AND WILL RECEIVE A LOVE THAT SPEAKS TO MY SOUL

I AM BETTER THAN I THINK

I AM A GOOD PERSON

I DO NOT DESERVE ANYTHING LESS THAN THE BEST FROM PEOPLE

I SEE MY WORTH AND WON'T ALLOW OTHERS TO BRING IT DOWN

I AM NOT DEFINED BY HOW OTHERS TREAT ME

I HAVE CLEAR AND HEALTHY BOUNDARIES

I AM SUCCESSFUL AT LOVE

I WILL FIND THE LOVE OF MY LIFE

LOVING ME IS EASY

I HAVE SO MUCH LOVE TO GIVE

I HEAL EASILY AND EFFORTLESSLY FROM HARDSHIPS

I AM PRICELESS

I AM RARE COMMODITY

YOU WILL NEVER BE ABLE TO FIND ANOTHER ME AND THAT WILL ALWAYS BE YOUR LOSS!

I AM LOVEABLE.