

AFFIRMATIONS

- I like myself today. I am aware of possibilities for improvement, but I don't want to be anyone else.
- I cannot see the outcome of the journey, but I can take the next step.
- I am healthy.
- Today I can bring awareness to my self-talk and replace all the negative thoughts with positive thoughts as soon as they appear in my mind.
- I can live creatively if I can accept my anxiety and am willing to experience butterflies in my stomach from time to time.
- I will be patient, even in the midst of trouble.
- I am a good age to be.
- I am a responsible and trustworthy person.
- I can only find out by trying.
- I am creative.
- There is a purpose and value to each day of my life.
- I am humble.
- I create opportunities.
- I say clearly and wholeheartedly my yes and no.
- I am strong and calm.
- I trust my own process.
- I am open.
- I am creative and innovative.
- I can find peace in myself.
- I am able because I think I am able.
- I will not label myself as my problem; I am not my eating disorder.
- Today I know I have the right to be alive, happy, and full of joy.
- I deserve love and respect as I am.
- I have abundant energy.
- I can become the person I want to be.
- Today I am willing to assert my needs and feelings.
- I accept and experience all of my feelings.
- I am grateful for who I am.
- I will never please everyone and that is ok.
- Whatever I am thinking right now is how I am feeling. I turn to the positive and loving thoughts because I choose to feel good.
- I will be gentle with myself if I get stuck.
- People are glad to support me.
- I will not be hard on myself today.
- The more I love, the more that love is returned to me.
- I give myself permission to begin again with whatever I am trying to learn.
- I am not afraid of making mistakes.
- I allow myself to enjoy every moment of every day.
- I am naturally beautiful when I am myself.
- I give myself respect and encouragement to grow as a kind and loving person.
- I will persist until I succeed.
- The past has NO power over me!
- I am free.
- Criticism locks me into the very pattern I am trying to change.
- Courage unifies me.
- I can speak up for myself.

- One power we all have is the ability to redefine what we believe. I can learn to see things in a different way.
- I love and approve of all of me -- even those qualities I thought were not good enough.
- I am capable of making healthy and positive decisions today.
- I am in charge of my life.
- I am ready to heal my heart ... I am deserving of this.
- I appreciate and am grateful for all the help I get along the way as I try to stay on course.
- The question I ask myself is not IF I should recover, but HOW I should recover.
- Recovery may seem hard, the alternative is worse.
- I am willing to release all my fears.
- I choose life.
- I can trust myself to deal with whatever comes along whether good or not so good.
- I can go anywhere I want to go, one step at a time.
- I let go of everything, which I no longer need.
- I am generous with my creativity, myself and others.
- I am willing to succeed.
- I am clear and calm.
- I do all I can every day to make a loving environment for all those around me, including myself.
- I will surround myself with people who are affirming and encouraging.
- I am open and willing today to take a step forward in a new direction.
- Today I dare to openly express my need and find healthy ways to get them met.
- Creativity is a blessing I accept.
- I shift from a limiting mental state to a limitless mental state easily and consistently.
- Taking the time to honor the needs of my body is taking the time to respect the needs of my soul.
- I will give myself the care and attention I need.
- I have ample time to relax and enjoy life.
- I am careful to honor my schedule and responsibilities.
- I am creating opportunity.
- I am prosperous and happy.
- I am safe and always feel protected.
- I have the power to create joy by choosing what feels good for me.
- I am desirable.
- Today I am glad to be ME!
- I need never go back again.
- There is no limit to what I can accomplish if I know the direction I am going and am willing to make the effort.
- It is often easier to know what to do than to do it. Today I will do those things that strengthen my recovery.
- I have the freedom and power to create the life I desire.
- I discard outmoded relationships including any relationship with myself that is no longer relevant to my improving life.
- I can forgive.
- I am open to receive and welcome love.
- I forgive myself for all the hurts I have inflicted on myself.
- Thoughts provoke action. I will think healthy thoughts to provoke healthier action.
- I take timely right action and engage in correct conduct.
- I share my goals.
- Reward yourself often. When you accomplish a particular task. When you have gone through a grueling part of your healing process.
- I am free to choose, and what I choose to do right now creates new memories. Today I choose to continue to do the very best. I let others help.

- I will let myself receive the healing I need.
- I am always in harmony with the Universe.
- The more honest I am with those around me, the more love is returned to me.
- I learn more about my value and inner life every day.
- I am efficient and creative in my work.
- I will not let others interfere with my steady resolve to live a full, useful, and productive day.
- I am lovable.
- I deserve to love and be loved.
- It is ok to allow my feelings to be expressed and released.
- It is safe for me to be powerful without my eating disorder.
- I follow through.
- My strength comes from forgiveness of those who hurt me.
- I am okay.
- I happily nourish my body and receive full satisfaction from moderate meals daily.
- Today I will make an effort to take one small step toward reaching one of my goals.
- I can handle anything that comes up today.
- I can choose exactly what I want to do to change how I am feeling.
- I can cope with change today without turning to or away from food.
- I breathe, enjoy, am honest, listen, learn, ask for what I want, follow my bliss and my honor.
- I am able to use my time wisely now to work or have fun.
- It is healthier to express myself clearly and directly.
- My friends and family love me. I am free to choose. Everything I am and everything I become is under my control.
- I make amends as soon as possible.
- I have unlimited choices in what I can think.
- I let others in my life.
- I DO make a difference.
- I explore where my creativity and bliss lead me.
- I am the power in my world. I get to have whatever I choose.
- I am always connected with the Divine Love in the Universe.
- Self-love is my birthright.
- People are glad to be with me.
- I will go about my life doing what I believe is right and hold fast to my beliefs.
- I will take the time to honor and express my dreams.
- When I am required to exhibit strength it comes.
- I am open to the new hopes and dreams of today.
- I refuse to let the negative tape of self-pity trap me.
- Today I will take a long good look at the good things in my life.
- If I wait patiently, always preparing myself, I will someday be at the place I want to be.
- I am unique and loving, loved, and free.
- I live in an endless sequence of now moments.
- As I trust my feelings and act on them, I feel powerful and alive.
- I release anger in harmless ways.
- I succeed where I put my efforts.
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