

20 AFFIRMATIONS FOR EMOTIONAL HEALING

- 1. I AM WORTHY OF LOVE AND HEALING.**
- 2. I RELEASE WHAT NO LONGER SERVES ME AND MAKE SPACE FOR EMOTIONAL HEALING.**
- 3. I AM ALLOWED TO FEEL MY EMOTIONS AND GIVE MYSELF PERMISSION TO HEAL.**
- 4. EACH DAY, I AM BECOMING STRONGER AND MORE RESILIENT.**
- 5. I LET GO OF PAST HURTS AND EMBRACE A FUTURE FILLED WITH PEACE AND JOY.**
- 6. I AM DESERVING OF HAPPINESS AND INNER PEACE.**
- 7. I FORGIVE MYSELF AND OTHERS, FREEING MYSELF FROM EMOTIONAL BURDENS.**
- 8. I CHOOSE TO NOURISH MY SOUL WITH LOVE, COMPASSION, AND UNDERSTANDING.**
- 9. I AM CAPABLE OF HEALING FROM ANY EMOTIONAL WOUNDS THAT I CARRY.**
- 10. I RELEASE THE PAIN OF THE PAST AND OPEN MYSELF TO A FUTURE FILLED WITH LOVE AND HAPPINESS.**
- 11. I TRUST THE HEALING PROCESS AND ALLOW MYSELF TO HEAL AT MY OWN PACE.**
- 12. I AM IN CONTROL OF MY EMOTIONS, AND I CHOOSE TO CULTIVATE POSITIVE AND UPLIFTING FEELINGS.**
- 13. I EMBRACE MY EMOTIONS WITH KINDNESS AND EMBRACE THE LESSONS THEY BRING.**
- 14. I AM RESILIENT, AND I BOUNCE BACK FROM DIFFICULT EMOTIONS WITH STRENGTH AND GRACE.**
- 15. I HONOR MY EMOTIONS AND GIVE MYSELF THE SPACE AND TIME TO HEAL.**
- 16. I LET GO OF NEGATIVE THOUGHTS AND EMBRACE A MINDSET OF POSITIVITY AND HEALING.**
- 17. I AM WHOLE, AND I RESTORE MY EMOTIONAL WELL-BEING WITH EACH PASSING DAY.**
- 18. I RELEASE ANY EMOTIONAL ATTACHMENTS THAT NO LONGER SERVE ME, MAKING ROOM FOR GROWTH AND HEALING.**
- 19. I CHOOSE TO FOCUS ON THE PRESENT MOMENT AND CREATE A FUTURE FILLED WITH EMOTIONAL BALANCE AND HARMONY.**
- 20. I AM WORTHY OF SELF-CARE, AND I PRIORITIZE MY EMOTIONAL WELL-BEING.**

Ideas Emotional Healing

Dr. Timothy Hensley



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