

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

Patrick Vollmar



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