

## AFFIRMATIONS

Created and written by Victoria Lorient-Faibish MEd, RP

1. I am safe. All is well. Everything is working out better than I expect.
2. I am relaxed and peaceful with who I am now.
3. I trust in the process of life. Life is safe.
4. The Universe is conspiring on my behalf.
5. I am peaceful and relaxed with the people in my life.
6. I am trusting that people love me, I receive this love openly.
7. I am at peace with my current friends.
8. I am now very open to meeting new and kindred spirit friends that want to be with me and they reach out to me often. There is an ease and a simpatico with them. These friends make my day to day life wonderful. I have found my true tribe. I am grateful.
9. I am surrounded by supportive, loving, engaging, accepting, self-aware, integrous, kindred spirit people at all levels in my life. They enhance my life and vice versa. They reach out to me often. We are in sync.
10. I attract people into my life that are working their issues and are responsible for their own emotions.
11. I now trust that people care about me and want only good for me even when I am shining bright or when I am feeling vulnerable. I only meet people that exemplify the good that life has to offer.
12. No matter what I do, say, think or feel, I have unlimited value.
13. I deserve love, kindness, support and compassion even when I make mistakes.

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14. There is nothing wrong with me because I have unlimited value, no matter what.
15. I have a deep well within my being from which I derive my sense of safety and my sense of peacefulness.
16. Even when I am in relationships with other people, no matter how they behave, I feel a sense of grounding and safety within me.
17. I am now completely free of my childhood impact upon me. I am whole, I am strong, I tap into profound self-compassion no matter what is happening.