



Positive Affirmations To Heal Childhood Trauma

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1. Today I choose me.
2. I choose to create an atmosphere of peace and safety for myself.
3. I do not blame myself for my childhood experiences/trauma
4. Boundary setting helps me to create safety within my life.
5. My mind, body, and spirit belong to me.
6. Love and tranquility surrounds my interactions and my decisions today.
7. I replace hate, anger, agitation with others with intentional and positive interactions.
8. I release the feeling of isolation
9. I release the feeling of guilt, hurt and shame.
10. My abuse/traumatic experiences do not define who I am as a person.
11. Even though I am in pain...I truly and deeply love and accept myself.
12. I allow myself to accept positive comments and thoughts about me.
13. I deserve to be respected and treated with love.
14. I am open and receptive of compliments.
15. Today I comfort my inner child
16. My inner-child awaits to be acknowledged.
17. My value is just as significant as any other person.
18. Setting firm boundaries come easy for me.
19. I receive love and kindness with ease.
20. I ensure my inner-child of his/her safety by use of my words of kindness, compassion, and hope.
21. I am ensuring my inner-child feels safe from pain through my actions.
22. My willingness to follow through on my promises demonstrates the importance of my self-connection.
23. A feeling of peace and tranquility comforts my being.
24. I acknowledge and accept that healing is possible.
25. Today I choose me.

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