

20 AFFIRMATIONS

for people who struggle with codependency,
self-criticism, and self-worth

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- I can do hard things. I can overcome obstacles, figure things out, and persevere.
- My life isn't perfect, but there is always something to be grateful for. Noticing what I have and what's going right in my life helps me feel hopeful and motivated.
- My feelings and needs are valid. I don't have to justify them.
- Speaking up is a form of self-respect.
- I deserve the same love and compassion that I give to others.
- I am setting boundaries for my own wellbeing, not to control or punish others.
- Baby steps add up to big changes.
- I don't expect perfection from myself or anyone else. I accept that we all make mistakes.
- I am not responsible for how other people feel or act.
- It's not selfish to take care of myself.
- Stepping out of my comfort zone is an opportunity for growth.
- Resting when I'm tired is not laziness; it's restoration.
- Play and fun are not a waste of time. Having fun can nourish my spirit, body, mind, and relationships.
- Ending or limiting relationships with toxic people is an act of self-care. I will do so thoughtfully and without guilt.
- I am empowered to make my own choices and do what's right for me, even if others don't agree or support me.
- Criticizing or punishing myself won't help me to be a better person. What I really need is more self-compassion.
- I will not focus on trying to control, fix, or change others. I accept that I can only control myself.
- I am inherently worthy of love and respect. My worth isn't based on other people's opinions, how much I accomplish, how much I weigh, or any other criteria suggested by popular culture.
- I can't control everything that happens to me, but I can control my responses.
- I trust myself. I trust my intuition, my judgment, and my ability to care for myself.