



AFFIRMATIONS

"To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity."

- William Arthur Ward

AFFIRMATIONS

- Does this really matter?
- Is this really important?
- How is this affecting me?
- What can I really do about it?
- Am I complaining about the same thing?
- Does my body feel tense right now?
- Am I breathing?

AFFIRMATIONS

- It's okay
- Whatever will be will be
- I did my best
- He/she is doing his best
- I can't change people
- I can learn from what didn't work
- I can care for my old wounds first