

Reparenting Affirmations

Affirmation for Your Inner Child

- I am so glad you were born.
- You are lovable just the way you are
- I will always keep you feeling safe and when I don't please let me know
- You can come to me whenever you're feeling hurt or bad.
- You do not have to be perfect to get my love and protection.
- It's ok to have all of your feelings
- It is okay for you to be angry and I won't let you hurt yourself or others when you are.
- You can make mistakes – they are your teachers.
- You can ask for what you need, and I will do my best to give it to you.
- You can have your own likes and dislikes they do not have to be the same as mine.
- You are a delight to my eyes.
- You can be who you really are and express what you really feel with me.
- You can pick your own friends, and you don't have to like everyone.
- You can sometimes feel confused, and not know all the answers.
- You are enough just the way you are.