

Affirmations for Primal Negative Beliefs

UNWORTHY

I am good enough.

I believe in myself.

I value myself.

I value my time, I value my contribution, I value myself.

I have enough, I do enough, I am enough.

I am a beautiful, desirable, radiant woman.

I am a powerful, resourceful, wise man.

I can always do it.

I can do it easily.

I am a winner being successful.

I accept myself even if I make a mistake.

I am always doing the best I know how.

My best is always good enough.

I trust myself.

I am pure and innocent.

I am god's magnificent creation.

I am no one, going nowhere, doing nothing.

UNSAFE

I am always safe.

It's safe to let go.

I am always OK even if I don't feel OK.

I am always safe, regardless of what I think and feel.

I always have enough money.

I always have enough time.

It is safe to be here.

I want to be here.

It always works out in the end.

Their problems are not my problems.

I live in a safe loving and abundant world.

I trust life and the processes of life.

My integrity is my protection.

I am divinely protected from all human and non-human creations.

ALONE

I am surrounded by people who love and support me.
I am always loved and wanted, regardless of what I think and feel.

I trust love.
I love them and they love me.

I belong.
I belong in this family.
I belong here.

I always look for the highest good in all situations.
I can see the spirit in all people.

I am grateful for my life.
I live a fabulous fantastic and fortunate life.

It is impossible to be alone.
I am whole and connected.

I am as strong as my strongest link.
My spirit is invincible.