

*I am  
allowed to  
struggle*

*I deserve  
to take  
up space*

*this too  
shall  
pass*

*be kind to  
yourself*

*all my  
emotions  
are valid*

*it is okay  
if all you  
did today  
was  
breathe*

*I deserve to  
be loved and  
treated well*

*I am a good  
person;  
it is not  
my fault*

*I am  
enough*

*I have the  
right to be  
heard and  
taken  
seriously*

*it can be  
safe to let  
others  
close*

*it's okay to  
not know  
what I  
need*

*When you forgive,  
you begin to heal.  
When you let go,  
you begin to grow.*

*tomorrow  
is a new  
day*

*I do not have  
to prove myself  
to anyone*

*I am  
enough*

*It's okay  
to feel my  
feelings*

*you are  
not alone*

*I am  
safe*

*I don't need  
permission  
to exist*

*it's okay to have  
a bad day, week  
or month*

*healing is  
not linear*

*I fall down  
and bounce  
back up  
again*

*breathe*

*I am not  
afraid to be  
myself  
It is safe to  
be me*

*I will be  
patient  
and love  
myself as  
I heal*

*I am allowed  
to struggle*

*I deserve to take  
up space*

*this too shall pass*

*be kind to yourself*

*all my emotions  
are valid*

*it is okay if all you did  
today was breathe*

*I deserve to be loved  
and treated well*

*I am a good person;  
it is not my fault*

*I am enough*

*I have the right to be  
heard and taken  
seriously*

*it can be safe to let  
others close*

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love myself as I heal*