

INNER CHILD HEALING AFFIRMATIONS

- I am worthy of love and belonging, just as I am.
- I forgive myself for any mistakes I made as a child.
- I release the pain of my past and embrace a new life.
- I honour the emotional needs of my inner child.
- I am safe, loved, and protected at all times.
- I am not defined by my past; I create my own future.
- I deserve to set boundaries that honour my inner child's needs.
- I let go of anger and resentment towards those who hurt me in the past.
- I am deserving of love and respect in all my relationships.
- I trust in my ability to heal and grow, one step at a time.
- I release negative energy from my body, mind, and spirit.
- I am deserving of success and abundance in all areas of my life.
- I am surrounded by love and support.
- I am whole and complete, just as I am.

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Affirmations For The Inner Child

Gabriela Romaria



Affirmations For The Inner Child:

Affirmations For The Inner Child Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Affirmations For The Inner Child**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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