

*I have inner strength.*

*I make choices that are right for me.*

*I love myself no matter what others think of me.*

*I have the power to change.*

*I am precious in the eyes of God/Goddess/Creator*

*I have the right to be free from violence, rape, and war.*

*I am safe and feel protected.*

*I accept who I am with joy.*

*I am surrounded with loving, caring people in my life.*

*I trust my inner being to lead me to the right path.*

*I am free to decide in every moment that I am alive. I am free from past regret.*

*I deserve to be free of guilt. I am a good woman.*

*I am not alone – I can ask others to help me.*

*I have the right not to be perfect.*

*I have the right to make mistakes.*

*I have the right to choose when to have children.*

*I have the right to choose when to have sex.*

*I am a free individual and I have the right to improve the quality of my life.*

*I have the ability to survive.*

*I do not have to stay angry with myself and I deserve peace of mind.*

*I am a powerful woman.*

*I deserve to grieve my losses and I have the ability to move forward.*