

101 Non-Toxic, Realistic & Validating Affirmations

1. May I accept and embrace myself as I am
2. I'm imperfect like everyone else
3. Everyone's story, abilities, limitations are different, and that's okay
4. Suffering is a part of life, it is part of the universal human experience, I am not alone
5. I am worthy just the way I am
6. I treat myself with the respect
7. I can experience and express my emotions freely
8. I can choose to look at the beauty life has to offer
9. It is enough to have done my best
10. My body has its own strength and grace
11. I am worthy of care and attention
12. I accept my body and I will love and nurture it
13. My body is a miracle
14. My smile accentuates the beauty of my face
15. My body is a temple that houses my spirit
16. I will treat my body with love and respect
17. I possess both beauty and strength
18. I have the power to change myself and strive for personal growth
19. I can forgive and understand others and their motives
20. I can make my own choices and decisions
21. I am free to choose to live as I wish and to give priority to what's important to me
22. I am flexible and open to change in every aspect of my life
23. Today I will seek out things that are fun to do
24. I am curious, eager to try new things
25. I can be creative and innovative
26. I am going to be a wonderful success in all my undertakings today
27. I am not afraid of life
28. Either I find a way, or I will make one
29. The question I ask myself is not if I should heal but how I should heal
30. I will not wait to have a good day. I will take actionable steps to make one
31. I move beyond my old limitations and allow myself to express freely and creatively
32. I forgive myself and others, release the past and move forward with love in my heart
33. I am at peace with my own feelings
34. I will persist
35. I will hold on. I will be brave
36. Walking away from something that is bad for me is not quitting!
37. I have learned to treat myself gently because I am doing my best
38. I will not feel guilty for caring for myself
39. I will treat myself with compassion today
40. In moments of suffering, may I be kind to myself and give myself the compassion that I need
41. I am grateful for who I am
42. I will be more understanding of the needs of others
43. I will resist anything that takes me off the path of my values
44. Gratitude for life increases my energy and passions
45. When I put energy behind something, the results are powerful
46. I am in charge. I am responsible for my own direction
47. I can forgive and move forward
48. No one can make me a victim, I am a survivor
49. No one can make me feel a certain way, they can only try
50. I am naturally beautiful when I am myself
51. All that we are is a result of what we have thought
52. Focusing on the present moment allows me to live life to the fullest

53. I am meant to be very different from everyone else
54. Today is the beginning of the rest of my life
55. I carry within me all the essentials of a happy existence
56. My task is to do the best I can which is enough!
57. Sometimes, what is difficult and challenging enhances my growth
58. I will be proud of my strengths and nurture them
59. What I do today may have a profound impact on my life tomorrow
60. I will be the best person I can be today
61. A quiet and pleased mind absorbs beauty and grace naturally
62. It is comforting to know I have all the necessary tools to cope when faced with difficult times
63. I will surround myself with people who are affirming and encouraging
64. I will go about my life doing what I believe is right and hold fast to my beliefs
65. I choose to make the best of what I have, I am brave, I will survive
66. I have faith in family, friends and myself. I have faith in this world
67. I have faith in my process
68. I will look for the lesson in every problem I have to solve
69. Thoughts provoke action. I will think balanced thoughts to provoke healthier actions
70. I do the very best I know how, the very best I can
71. I will live my life in the way I want to be remembered
72. I will surround myself with trustworthy people and put my trust in them
73. I am not in control of others, but I am in control of myself
74. It is impossible to please everyone and that's okay
75. I don't have to listen to anyone who tells me what I can't do
76. I am proud of myself for all I have accomplished no matter how small or great
77. I do not have to let the past dampen my enthusiasm for new beginnings
78. I will only go where my heart leads
79. I will trust my soul-it knows the way
80. I will trust, honor, and respect the process of change
81. I will listen to my needs
82. Taking time to honor the needs of my body is taking time to respect the needs of my soul
83. I will do what I need to break through my resistance
84. One step at a time. That is how I will get where I am going
85. I will take the time to honor and express my dreams
86. I am free to redefine and help create the life I choose
87. I can open myself to the hopes and dreams of today
88. I am ready to heal my heart
89. There is a purpose and value to each day of my life
90. Today I take time to inhale peace and exhale fear
91. Facing and feeling my fears will empower me to move on
92. I will not let expectations distort my experience
93. I am not afraid of making mistakes
94. I can face my fears and work to overcome them
95. I let serenity flow into my life
96. I will never compromise my dreams
97. I can meet new opportunities without fear
98. I feel great potential for myself
99. Failure is a part of growth and success
100. Asking for help is not a sign of weakness
101. When I do what is right for me, I do what is right for the universe

101 Non-Toxic, Realistic and Validating Affirmations are provided as a companion piece to the blog post, Toxic Positivity: The Dark Side of Positive Vibes, written by Samara Quintero, LMFT, CHT and Dr. Jamie Long, Psy.D. You can read the blog post in its entirety [here](#) if you haven't already.



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