

## FAITH-BASED AFFIRMATION

**"I am not what happened to me. I am what I choose to become through Christ."**

*Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!*

**2 Corinthians 5:17**

## FAITH-BASED AFFIRMATION

**"My body is a temple of the Holy Spirit. What was done to it does not define its worth."**

*Do you not know that your bodies are temples of the Holy Spirit, who is in you?*

**1 Corinthians 6:19**

## FAITH-BASED AFFIRMATION

**"I release the shame that was never mine to carry. I walk in God's grace today."**

*There is now no condemnation for those who are in Christ Jesus.*

**Romans 8:1**

**FAITH-BASED AFFIRMATION**

**"God is close to me in my  
brokenness. He collects every  
tear I have cried."**

*The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.*

**Psalm 34:18**

## FAITH-BASED AFFIRMATION

**"I am worthy of love, safety,  
and tenderness. My past does  
not disqualify me from  
blessing."**

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*See what great love the Father has  
lavished on us, that we should be called  
children of God!*

**1 John 3:1**

## FAITH-BASED AFFIRMATION

**"My healing is not linear, but every step forward is seen and celebrated by God."**

*He who began a good work in you will carry it on to completion.*

**Philippians 1:6**

## FAITH-BASED AFFIRMATION

**"I give myself permission to grieve what was taken from me and to hope for what is ahead."**

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*He will wipe every tear from their eyes.  
There will be no more death or mourning  
or crying or pain.*

**Revelation 21:4**

## FAITH-BASED AFFIRMATION

**"I am not too broken for God  
to use. My scars are proof of  
His healing power."**

*But he said to me, 'My grace is sufficient  
for you, for my power is made perfect in  
weakness.'*

**2 Corinthians 12:9**

## FAITH-BASED AFFIRMATION

**"I choose to break the silence.  
My voice matters. My story  
has purpose."**

*For God has not given us a spirit of fear,  
but of power and of love and of a sound  
mind.*

**2 Timothy 1:7**

## FAITH-BASED AFFIRMATION

**"Today I choose to trust again,  
even if it is just one small step  
at a time."**

*Trust in the Lord with all your heart and  
lean not on your own understanding.*

**Proverbs 3:5**

**FAITH-BASED AFFIRMATION**

**"I am allowed to set  
boundaries. Protecting my  
peace is an act of wisdom, not  
selfishness."**

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*Above all else, guard your heart, for  
everything you do flows from it.*

**Proverbs 4:23**

**FAITH-BASED AFFIRMATION**

**"The enemy meant to destroy  
me, but God is turning my  
pain into my greatest  
testimony."**

*You intended to harm me, but God  
intended it for good.*

**Genesis 50:20**

## FAITH-BASED AFFIRMATION

**"I am no longer a victim. I am  
an overcomer, rewritten by  
grace."**

*No, in all these things we are more than  
conquerors through him who loved us.*

**Romans 8:37**

## FAITH-BASED AFFIRMATION

**"I forgive not because what happened was okay, but because I deserve to be free."**

*It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

**Galatians 5:1**

## FAITH-BASED AFFIRMATION

**"My inner child deserves gentleness. I choose to nurture and protect her today."**

*He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart.*

**Isaiah 40:11**

## FAITH-BASED AFFIRMATION

**"I am being rebuilt from the  
inside out. God wastes nothing  
in my story."**

*And we know that in all things God works  
for the good of those who love him.*

**Romans 8:28**

**FAITH-BASED AFFIRMATION**

**"I am safe in God's presence.  
He is my refuge when the  
world feels overwhelming."**

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*God is our refuge and strength, an  
ever-present help in trouble.*

**Psalm 46:1**

## FAITH-BASED AFFIRMATION

**"I have survived the storm.  
Now I will learn to dance in  
the rain of God's renewal."**

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*He has sent me to bind up the  
brokenhearted, to proclaim freedom for  
the captives.*

**Isaiah 61:1**

## FAITH-BASED AFFIRMATION

**"My breakthrough is not a one-time event. It is a daily decision to walk in freedom."**

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*The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon.*

**Psalm 92:12**

## FAITH-BASED AFFIRMATION

**"I am fearfully and wonderfully made. No abuse, no trauma, no lie can undo what God has declared."**

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*I praise you because I am fearfully and wonderfully made; your works are wonderful.*

**Psalm 139:14**