

POSITIVE BELIEFS



Safety & Security

- I am safe now.
- I am safe in this moment.
- I survived.
- The danger is over.
- I can protect myself.
- I can take steps to keep myself safe.
- I am secure.
- I am no longer powerless.

Self-Worth & Value

- I am worthy.
- I am enough.
- I matter.
- I deserve love and respect.
- I am valuable.
- I am important.
- I deserve to be treated well.
- I am lovable as I am.

Strength & Resilience

- I am strong.
- I can handle this.
- I am capable.
- I can cope.
- I can get through this.
- I am resilient.
- I have survived difficult things before.
- I can trust my ability to manage challenges.

Control & Empowerment

- I am in control now.
- I have choices.
- I can choose differently.
- I can respond instead of react.
- I am in charge of my life.
- I can set boundaries.
- I can say no.
- I have power in my life today.

Trust & Relationships

- I can trust myself.
- I can trust my judgment.
- I can learn to trust others carefully.
- I can let safe people support me.
- I am not alone.
- I deserve healthy relationships.
- I can ask for help.

Guilt, Shame & Self-Compassion

- It wasn't my fault.
- I did the best I could at the time.
- I am not to blame.
- I forgive myself.
- I can let go of shame.
- I am human.
- I deserve compassion.
- I can treat myself with kindness

Grief & Loss

- I can carry this loss and still live fully.
- I can remember without being overwhelmed.
- I can hold love and grief at the same time.
- I can move forward while honoring the past.
- I am allowed to heal.
- Healing does not mean forgetting.

Trauma Integration

- The memory is in the past.
- I am not that person anymore.
- I am different now.
- I am more than what happened to me.
- I can integrate this experience.
- This does not define me.

Military / Veteran-Specific

- I did the best I could with the information I had.
- I can honor my service and move forward.
- I can live well beyond my service.
- I am allowed to rest.
- Strength includes asking for support.