

# AFFIRMATIONS FOR ADULT SURVIVORS

These affirmations are based on submissions from participants at a webinar where Promising Futures introduced a Healing Activities Guide for building protective factors with survivors of DV.

There are options, and I can find them.

Healing is not linear, but every step I take is progress.

There are safe people who will support me.

I am enough to deserve love and happiness.

I am the author of my own life.

My voice is powerful. My story can inspire and support others.

I deserve to be safe and supported.

I am so much more than what has happened to me.

My story is not over.



**Affirmations are best when you create your own!**

Use exercise 9 in the Healing Activities Guide from Promising Futures. Visit [bit.ly/healingactivities9](https://bit.ly/healingactivities9) (case sensitive) or use the QR code →

