

# 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 →

