

# AFFIRMATIONS FOR HELPERS OF SURVIVORS AND FAMILIES

I will let hope  
guide me.

I can be a safe place  
for myself as I care  
for others.

I am not alone  
in this.

My compassion  
shows strength, not  
weakness.

I am resilient,  
and so is my  
community.

My wisdom matters,  
and my work has an  
impact even when I  
can't see it.

I will take one  
thing at a time,  
one day at a  
time.

Even when loving  
myself feels impossible,  
I accept myself.

I will be patient  
with myself as I  
learn.



**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 →

