

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 (case sensitive) or use the QR code →

