

AFFIRMATIONS FOR SURVIVOR PARENTS

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.

I am strong and resourceful.

I forgive myself for the times I doubted my worth as a parent.

I am the parent my child needs.

We are so much more than what has happened to us.

We are stronger and braver together.

My child will know what a healthy and loving connection is.

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

We may be experiencing hardship, but we are working towards stability.

Our 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 (case sensitive) or use the QR code →

