CHILD & YOUNG ADULT AFFIRMATIONS

Affirmations can be helpful when you or your child are feeling sad or overwhelmed, or just need to be reminded that you are worthy of good things. Here you will find affirmation cards for yourself and some tailored for your child. When doing affirmations with your child, pick one to say out loud with them and repeat it slowly five times. Ask your child to say it with you. You can do this exercise with the cards at any time to help remind your child that what happened was not their fault and that it was okay to tell.

I AM SMART, BRAVE & LOVED.

It is always okay to tell.

My body is mine and no one else’s.

No one has the right to hurt me.

I am loved. I am worthy.

It wasn’t my fault.

I am not broken or damaged. I am powerful & strong. Surviving & thriving.

I am safe. I am loved. I am healing.

What happened to me was NOT okay, but I am going to be okay.

I accept myself even though sometimes I make mistakes.

I am strong. I can do this. I am doing this! I believe in myself.

I create my future. I am in control.
CAREGIVER AFFIRMATIONS

For your own self-care: Some people find it useful to keep copies of affirmations in their wallet or car or to tape them to the bathroom mirror. They can serve as a visual reminder to continually practice good self-care.

I am a good person, and I deserve good things.

Together, my child and I will heal. We work toward healing every day.

There are many things to be hopeful for. My heart is open.

We have survived, and we will thrive.

Healing takes time. I will take time to heal.

I am not alone. There are others who share my story.

You can do anything, but not everything, and that’s okay!

As high as I reach, I can grow.

Today is a new day, and I can make anything happen.

It is enough to do my best.

Don’t let the perfect be the enemy of the possible.

Yes, I can.