

Daily Affirmations

As a healing adult child of an alcoholic, let me remind myself:

☐ I am worthy of love and respect.

☐ The future is mine to create.

☐ I am resilient and strong.

☐ I am only responsible for taking good care of me.

☐ I am in control of my own healing.

☐ I am worthy of happiness and fulfillment.

☐ I deserve a life I love.

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