

Affirmations For The Inner Child

- "I love and cherish my inner child unconditionally."
- "I am deserving of happiness, love, and care."
- "I give myself permission to feel and express my emotions."
- "I forgive myself for any past hurts and mistakes."
- "I embrace my inner child with compassion and understanding."
- "I am safe and protected at all times."
- "I trust myself and my inner wisdom."
- "My creativity is valuable and deserves to be expressed."
- "I am allowed to play, have fun, and be joyful."
- "I release any shame or guilt from my past."
- "I am worthy of love and acceptance just as I am."
- "I am capable of setting healthy boundaries."
- "I choose to nurture myself with kindness and compassion."
- "I trust the process of healing and growth."
- "I release any negative beliefs about myself."
- "I am open to receiving love and support."

- "I am deserving of gentle and nurturing relationships."
- "I release the need to seek validation from others."
- "I am enough, exactly as I am."
- "I am connected to my inner child, and we are healing together."
- "I acknowledge and honor my inner child's experiences."
- "I am open to discovering and celebrating my unique gifts."
- "I am committed to my own growth and well-being."

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____