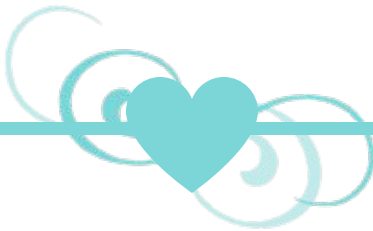


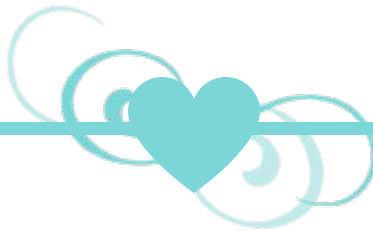
I embrace all the characteristics of my personality. I receive them as gifts to me and to others. I open myself to learn how to cultivate and refine my unique abilities and perspectives.



I open myself to my nourishing attention. I'm worthy of my own focused energy. I listen to my thoughts and emotions with empathy, understanding and acceptance. I receive the abundant love I have to give to myself.



I am a beautiful being, worthy of love and attention. My existence is proof of my value and there is nothing I can do, have, achieve, or offer that can make me more or less valuable. I am enough.



I'm attuned to my mental, emotional, physical, social and spiritual needs. I'm skilled at meeting my needs and I joyfully nurture myself.



I am a beautiful being, worthy of love and attention. I'm not what others have done to me. I give back the shame to my abusers. I am clean and whole. I'm deserving of all good things.



I take full responsibility for my own feelings, thoughts and actions but I'm not responsible for making others happy. I refuse to feel guilty because someone else disapproves of my feelings, thoughts, or actions. I love, admire and respect myself so I don't need to compromise my personal integrity to please others.



I accept and appreciate the progress I've made. I have the right to make mistakes, to be wrong, to be imperfect, to fail and be responsible for it. I love myself in spite of imperfections.



I'm fully aware of my feelings. I accept them as part of my uniqueness. I embrace all of my emotions and I appreciate them as a gift to equip me to take care of myself.

