

Survivor Affirmations



TRANSCENDING SEXUAL TRAUMA THROUGH YOGA
AS TAUGHT BY ZABIE YAMASAKI

- I am not alone in this experience.
- I deserve to take up space.
- My light shines even in the dark.
- I honor the layers and intersections of my unique lived experience.
- I am healing, even when it's hard.
- I acknowledge the challenges with caring for myself, but I try anyways.
- I trust the strength of my body to hold me today.
- I am worthy of rest.
- I will not doubt my value and my power.
- I deserve to live with ease.
- I am not my trauma.
- I am safe. I am loved. I am home. I am in my body.
- My healing is not linear, and that is okay.
- I remember it is okay to ask for help and receive support.
- There is beauty in my emotions.
- I am allowed to protect my energy.
- I honor the waves of healing.
- I will not shrink.
- I am brave.
- I am showing up exactly as I am.
- I am listening to my body.
- I deserve peace.
- My needs are important.
- I honor my boundaries.
- I am learning to love me.
- What happened to me was not my fault.
- I am not defined by how much I do.
- I trust my gifts.
- I release shame. It does not belong here with my heart.
- I am held and supported.
- I am creating space for joy.
- I deserve larger margins in my day and space between things.
- I am resilient.

My Affirmations:
