

Affirmations for Young Children going through divorce

- ❖ I am Safe and I am loved
- ❖ My mom and dad work together to keep me safe
- ❖ My mom and dad work together to help me be happy
- ❖ I love my mom and my mom loves me
- ❖ I love my dad and my dad loves me
- ❖ No matter where we live or who I am with, we are a family
- ❖ It's okay to have two homes
- ❖ Today is going to be awesome
- ❖ I am an amazing person
- ❖ I can talk to my mom and dad about my feelings
- ❖ I can talk to my mom and my dad about anything
- ❖ My challenges help me grow
- ❖ My family loves me and I love my family
- ❖ I can get through anything
- ❖ I am so smart
- ❖ I am so happy
- ❖ I am so brave
- ❖ I have everything I need right now
- ❖ Everything will be okay
- ❖ I am proud of myself
- ❖ I deserve to be happy
- ❖ I deserve to be loved
- ❖ My positive thoughts create positive feelings
- ❖ Today is a new day
- ❖ It is enough to do my best