

# Safe Space Affirmation Cards

## What it is:

- A downloadable set of affirmation cards designed to help trauma survivors reframe negative beliefs and embrace healing. The affirmations focus on safety, self-worth, resilience, and empowerment.

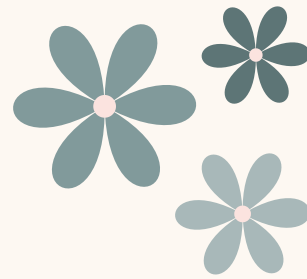
## Why it's helpful:

- Positive affirmations help counteract negative self-talk and foster emotional healing. Daily repetition encourages a shift toward empowering beliefs, reminding individuals that they are safe, strong, and worthy of love and healing.

## How to Use These Cards:

- Print and Display
  - Print the affirmation cards and place them in areas where you'll see them often: on your bathroom mirror, beside your bed, or at your workspace. Let these reminders support your healing process every day.
- Daily Practice
  - Choose one card each day to focus on, repeating the affirmation to yourself throughout the day. Allow the words to sink in and support your emotional well-being.
- Meditation or Reflection
  - Choose a card when you're feeling overwhelmed and use it during meditation or deep breathing. Let the affirmation guide your thoughts and help you center yourself in moments of stress or self-doubt.
- Share with Others
  - Share these affirmations with friends or loved ones who are also on their healing journeys. Let them know they are not alone and that they are deserving of peace and love.

# DAILY AFFIRMATIONS



I am safe in this  
moment

Affirm your safety in the  
here and now, allowing space  
for healing.

I am worthy of  
love and care.

Remind yourself that you  
deserve compassion,  
kindness, and love.

I have the  
strength to heal.

Acknowledge your inner  
strength as you continue  
your healing journey.

My past does  
not define me.

Reframe and embrace the  
growth that comes with  
healing.

I am deserving  
of peace.

Affirm your right to  
experience peace and  
calm.

Every step I take  
brings me closer  
to healing.

Acknowledge the progress  
you make, no matter how  
small.

I am worthy  
of setting  
boundaries.

Embrace the growth that  
comes with healing.

I am proud of  
the progress I've  
made.

Take pride in your healing  
journey and the courage it  
takes.

I am not alone  
on my healing  
journey.

Affirm that you have a  
support system.