

I give myself permission to heal.

I am a being of light, and I am worthy of love.

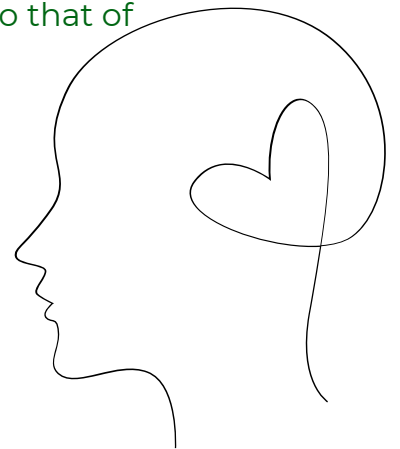
No matter the trauma I have experienced, I have the right to
recover,
to heal, and to renew.

I imagine myself secure in a safe, warm spot. I see a golden light
start to surround me, covering all of my body in warmth and
security. **I am surrounded by love, peace, and healing.**

I understand the value in healing. Rather than see the healing
process as a tiresome obstacle to be overcome, I understand the
value that comes from this. I choose to embrace the power of
healing.

I take time to slow down, relax, and take time for myself. **I am
worthy of all the time and attention I need.** I make the conscious
decision to take as long as I need to heal.

I acknowledge that healing will look different for each individual,
and I make a vow not to compare my journey of healing to that of
those around me,





Transforming Hearts PLLC
Talk Therapy & Wellness Retreat

I am worthy of love.

I know that I have all I need to complete this journey of recovery. All

I need is to give myself permission.

I give myself the permission that I need. I acknowledge my own worthiness, and promise to show myself the love, affection, and attention I so deserve.

I take the time to heal.

Today, I offer myself a chance to heal and recover. I see the value in healing, and prioritize this in all I do.

Self-Reflection Questions:

1. Are there traumas in my past that I have yet to recover from?
2. What is preventing me from healing from these traumas?
3. What steps can I take to help myself heal?