

TAKE YOUR LIFE BACK

31 Affirmations

- Seeing:** I will reject distortions and manipulations of the truth. I choose to see others as they really are and to see myself as I really am.
- Surrendering:** I will resist the urge to take control. I choose to surrender to God and His wisdom.
- Feeling:** I refuse to numb myself. I choose to honor my feelings and what I can learn from them.
- Believing:** I reject crippling doubt. I choose to believe that God is real and that He cares for me.
- Healing:** I will allow nothing and no one to take control over me. I surrender to the healing power of the Holy Spirit.
- Choosing:** I refuse to believe the lie that I am stuck forever. I exercise my freedom to choose to do the next right thing.
- Searching:** I reject distortion and manipulation. I search for wisdom and truth from God to guide me in all I do.
- Connecting:** I reject isolation, detachment and darkness. I choose to connect with God and others and to walk in the light.
- Belonging:** I no longer feel rejected or abandoned. I recognize that I am included, and I belong to God and to God's people.
- Receiving:** I am no longer bound by the demands and neediness of others. I receive from God and from others.
- Agreeing:** I renounce half-truths, shame and toxic distortions of reality. I agree with truth and everything that brings life.
- Reflecting:** I am no longer fearful of quiet and stillness. I choose to reflect on my life and learn from my experiences.
- Stabilizing:** I avoid the chaos that accompanies sickness. I choose stability.
- Learning:** I will live beyond the immediate urges and impulsive drives. I choose opportunities to learn and grow.
- Building:** I am no longer falling apart. I choose to build up others and myself in body, mind and spirit.
- Growing:** I can tolerate discomfort. I choose to grow in my relationships with God, other people and myself.

17. Integrating: I no longer accommodate splintered pieces of myself. I choose to integrate all of who I am to become a healthy, whole and functioning individual.

18. Forgiving: I no longer harbor bitterness and resentment. I choose freely to forgive others.

19. Resolving: I no longer flee from conflict or avoid confrontation. I choose to resolve issues with others to promote peace, reconciliation and healing.

20. Restoring: I no longer steal freedom from others or allow them to steal mine. I choose to restore what has been lost.

21. Reaching: I no longer wait for others to notice or validate me. I am reaching out to others when in need.

22. Sharing: I no longer hoard possessions, talent or time. I choose to share gracefully all that I have been given from God.

23. Serving: I am no longer enslaved to serve others under compulsion. I choose to serve with gratitude because God has called me to do it.

24. Giving: I no longer rob others of their time, confidence or reputation. I choose to give from the abundance I have been given.

25. Leading: I no longer allow others to determine my course. I choose to stand up and lead others to a new way of living.

26. Providing: I no longer take whatever I can get from others. I provide others with time, attention, encouragement, affirmation and respect.

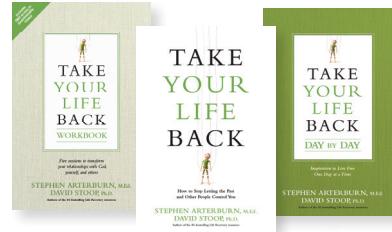
27. Utilizing: I am no longer afraid to ask for help. I reap the benefits of the resources that enrich my life.

28. Comforting: I am no longer the victim of another's neglect or cruelty. I take time to receive and experience comfort from God, others and myself.

29. Experiencing: I am no longer bullied by distractions and obsessions. I choose to experience being fully present wherever I am.

30. Protecting: I avoid dangerous people and places. I protect the gains I have made by investing in those who help me stay grounded in reality.

31. Persevering: I am no longer a victim of my past. I persevere through difficult times to experience the blessings God has for me and for those I love.



To register for the **Take Your Life Back** workshop, or for more information, call 800-NEWLIFE (639-5433) or visit newlife.com