

## **Dismantling Self-hate**

(read these affirmations aloud each day)

I refuse all self-hate.

I choose to love myself as God wants me to love myself.

It is not wrong to love myself as God wants me to.

I do not need to punish myself.

What was forced on me was not my fault.

I refuse all false guilt.

It is alright to be healed inside.

I choose to take care of myself.

I don't deserve pain.

I am not an evil person.

I will be nice to myself today.

I deserve to be treated gently.

It is alright to make a mistake.

I am not a \_\_\_\_\_ (whatever you call yourself inside).

It is all right for me to be happy.

My body is not evil.

I am precious in God's sight.

I am not a mistake.

I put off the enemy's opinion of me and I put on God's opinion of me.