111

HOLISTIC RECOVERY AFFIRMATIONS



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I AM FREE FROM THE GRIP OF ADDICTION, AND I CHOOSE A LIFE OF SOBRIETY.



SUBSTANCE USE

I RELEASE THE NEED FOR SUBSTANCES, AND I EMBRACE A HEALTHIER, HAPPIER ME.



SUBSTANCE USE

EVERY DAY, I GROW STRONGER, WISER, AND MORE RESILIENT IN MY JOURNEY TO RECOVERY.



SUBSTANCE USE

I TRUST IN MY ABILITY TO OVERCOME CRAVINGS AND STAY COMMITTED TO MY SOBRIETY.



SUBSTANCE USE

MY PAST DOES NOT DEFINE ME; I AM IN CONTROL OF MY FUTURE, FREE FROM ADDICTION.



SUBSTANCE USE

I AM WORTHY OF A LIFE FILLED WITH JOY, PURPOSE, AND SOBRIETY.



SUBSTANCE USE

WITH EACH Passing day, I Am healing my Body, mind, And spirit.



SUBSTANCE USE

I REPLACE OLD HABITS WITH NEW, POSITIVE ONES THAT SUPPORT MY RECOVERY.



SUBSTANCE USE

I AM SURROUNDED BY LOVE AND SUPPORT FROM THOSE WHO BELIEVE IN MY JOURNEY.



SUBSTANCE USE

I AM RESILIENT, AND I HAVE THE STRENGTH TO OVERCOME ANY CHALLENGE IN MY PATH TO RECOVERY.



SUBSTANCE USE

I AM COMMITTED TO NURTURING MY BODY AND RESTORING MY PHYSICAL HEALTH.

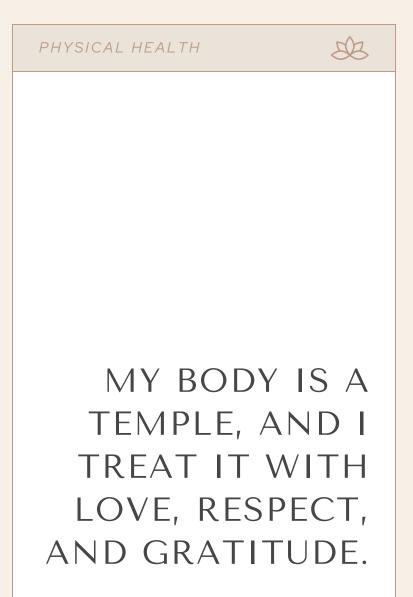
EVERY DAY, I MAKE CHOICES THAT PROMOTE MY PHYSICAL WELL-BEING AND VITALITY.

I AM GRATEFUL FOR THE STRENGTH AND RESILIENCE OF MY BODY AS I HEAL AND RECOVER.

I RELEASE THE TOXINS OF THE PAST AND EMBRACE A HEALTHIER, DRUG-FREE LIFE.

I AM IN TUNE WITH MY BODY'S NEEDS, AND I PROVIDE IT WITH THE CARE IT DESERVES.

I NOURISH MYSELF WITH WHOLESOME FOODS AND EXERCISE THAT ENERGIZE MY BODY.



I AM GAINING STRENGTH AND VITALITY WITH EACH PASSING DAY OF MY RECOVERY.

I AM FREE FROM THE HARMFUL EFFECTS OF ADDICTION, AND I EMBRACE A LIFE OF WELL-BEING.

I AM THE MASTER OF MY PHYSICAL HEALTH, AND I CHOOSE A LIFE FILLED WITH ENERGY AND VITALITY.

I AM WORTHY OF MENTAL PEACE, AND I PRIORITIZE MY MENTAL HEALTH IN RECOVERY.



MENTAL HEALTH

I RELEASE THE WEIGHT OF GUILT AND SHAME, REPLACING THEM WITH SELF-COMPASSION.



MENTAL HEALTH

I EMBRACE EACH DAY WITH A CLEAR MIND AND A POSITIVE OUTLOOK ON LIFE.



MENTAL HEALTH

I AM RESILIENT, AND I HAVE THE STRENGTH TO OVERCOME CHALLENGES IN MY MENTAL HEALTH JOURNEY.



MENTAL HEALTH

MY MENTAL HEALTH MATTERS, AND I TAKE THE NECESSARY STEPS TO NURTURE IT.



MENTAL HEALTH

I AM FREE FROM THE CHAINS OF ADDICTION, AND MY MIND IS CLEAR AND FOCUSED ON MY WELL-BEING.



MENTAL HEALTH

I AM IN CONTROL OF MY THOUGHTS, AND I CHOOSE POSITIVITY AND SELF-EMPOWERMENT.



MENTAL HEALTH

I PRACTICE MINDFULNESS AND MEDITATION TO CALM MY MIND AND FIND INNER PEACE.



MENTAL HEALTH

I AM OPEN TO SEEKING HELP AND SUPPORT WHEN NEEDED, AS IT'S A SIGN OF STRENGTH.



MENTAL HEALTH

I AM THE ARCHITECT OF MY MENTAL HEALTH, AND I build a FOUNDATION OF RESILIENCE AND WELL-BEING.



MENTAL HEALTH

I EMBRACE MY EMOTIONS AS A NATURAL PART OF MY JOURNEY AND HEALING PROCESS.

I AM IN TOUCH WITH MY FEELINGS, AND I ALLOW MYSELF TO EXPERIENCE AND EXPRESS THEM.

I RELEASE OLD EMOTIONAL WOUNDS AND REPLACE THEM WITH SELF-LOVE AND ACCEPTANCE.

I AM RESILIENT, AND I HAVE THE STRENGTH TO NAVIGATE MY EMOTIONS IN A HEALTHY WAY.



I CHOOSE TO FOCUS ON THE PRESENT MOMENT AND FIND PEACE IN IT.

I AM FREE FROM THE BURDEN OF ADDICTION, AND MY EMOTIONS ARE BECOMING MORE BALANCED.

I PRACTICE SELF-CARE AND SELF-COMPASSION TO NURTURE MY EMOTIONAL WELL-BEING.

I AM IN CONTROL OF MY EMOTIONAL RESPONSES, AND I CHOOSE POSITIVITY AND INNER PEACE.

I AM OPEN TO SEEKING SUPPORT AND GUIDANCE TO ENHANCE MY EMOTIONAL HEALTH.

I AM THE guardian of MY EMOTIONAL WELL-BEING, AND I CULTIVATE A LIFE FILLED WITH JOY AND CONTENTMENT.

I AM OPEN TO REBUILDING AND NURTURING POSITIVE RELATIONSHIPS WITH THOSE WHO SUPPORT MY RECOVERY.



SOCIAL RELATIONSHIPS

I DESERVE HEALTHY, LOVING CONNECTIONS, AND I CULTIVATE THEM IN MY LIFE.

SOCIAL RELATIONSHIPS

I RELEASE TOXIC RELATIONSHIPS FROM MY PAST AND MAKE SPACE FOR HEALTHY, UPLIFTING CONNECTIONS.



SOCIAL RELATIONSHIPS

I AM A GOOD FRIEND AND A VALUED MEMBER OF MY SOCIAL CIRCLE.



SOCIAL RELATIONSHIPS

I COMMUNICATE OPENLY AND HONESTLY WITH LOVED ONES ABOUT MY JOURNEY TO RECOVERY.



SOCIAL RELATIONSHIPS

I AM SURROUNDED BY PEOPLE WHO BELIEVE IN MY POTENTIAL AND SUPPORT MY WELL-BEING.



SOCIAL RELATIONSHIPS

I AM CAPABLE OF FORGIVENESS AND UNDERSTANDING, BOTH FOR OTHERS AND MYSELF.



SOCIAL RELATIONSHIPS

I CHOOSE TO ENGAGE IN ACTIVITIES AND EVENTS THAT STRENGTHEN MY SOCIAL BONDS.

SOCIAL RELATIONSHIPS

I AM RESPONSIBLE FOR SETTING BOUNDARIES THAT PROTECT MY RECOVERY AND EMOTIONAL HEALTH.

SOCIAL RELATIONSHIPS

I AM BUILDING A SUPPORTIVE NETWORK OF FRIENDS AND LOVED ONES WHO CELEBRATE MY PROGRESS.



SOCIAL RELATIONSHIPS

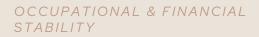
I AM CAPABLE, ANDIAM ACTIVELY WORKING TOWARD A STABLE AND FULFILLING CAREER.

I AM COMMITTED TO MAKING RESPONSIBLE FINANCIAL CHOICES THAT SUPPORT MY STABILITY.

I EMBRACE OPPORTUNITIES FOR GROWTH AND ADVANCEMENT IN MY CAREER.

I RELEASE FINANCIAL BURDENS FROM MY PAST AND CREATE A SECURE FINANCIAL FUTURE.

I AM DESERVING OF A STABLE AND PROSPEROUS PROFESSIONAL LIFE.



I AM CONFIDENT IN MY ABILITY TO MANAGE MY FINANCES WISELY.

I AM OPEN TO LEARNING NEW SKILLS AND EXPANDING MY CAREER OPTIONS.

I AM RESOURCEFUL AND CREATIVE IN FINDING WAYS TO IMPROVE MY FINANCIAL STABILITY.

I TAKE STEPS EVERY DAY TO BUILD A SECURE AND SUCCESSFUL FUTURE.

I AM IN CONTROL OF MY FINANCIAL WELL-BEING, AND I AM ON ΤΗΕ ΡΑΤΗ ΤΟ FINANCIAL STABILITY.

I AM STRONG, AND I HAVE THE RESILIENCE TO OVERCOME ANY TRIGGERS OR TEMPTATIONS.



RELAPSE PREVENTION

I AM COMMITTED TO MY SOBRIETY, AND I MAKE CHOICES THAT SUPPORT IT EVERY DAY.



I TRUST IN MY ABILITY TO RECOGNIZE AND MANAGE CRAVINGS IN A HEALTHY WAY.



RELAPSE PREVENTION

I AM MINDFUL OF MY TRIGGERS AND have a plan to COPE WITH THEM EFFECTIVELY. RELAPSE PREVENTION

I REPLACE OLD HABITS WITH NEW, POSITIVE ONES THAT SUPPORT MY RECOVERY.



RELAPSE PREVENTION

I AM IN Control of My Choices, and I Choose Sobriety and Well-Being.



RELAPSE PREVENTION

I AM FREE FROM THE CHAINS OF ADDICTION, AND I EMBRACE A LIFE OF CLARITY AND STRENGTH.



RELAPSE PREVENTION

I AM OPEN TO SEEKING HELP AND SUPPORT WHENEVER I NEED IT.



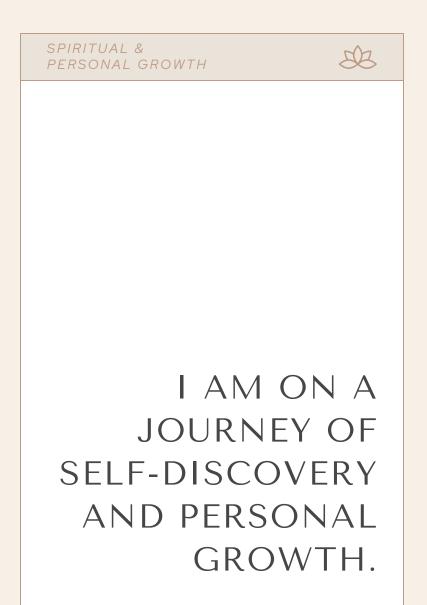
RELAPSE PREVENTION

I CELEBRATE MY SUCCESSES, NO MATTER HOW SMALL, AND USE THEM AS ΜΟΤΙVΑΤΙΟΝ ΤΟ STAY ON THE PATH OF RECOVERY.

RELAPSE PREVENTION

I AM THE ARCHITECT OF MY RELAPSE PREVENTION PLAN, AND I AM DEDICATED TO MY JOURNEY OF LIFELONG RECOVERY.

RELAPSE PREVENTION



I EMBRACE MY INNER STRENGTH AND RESILIENCE AS I GROW SPIRITUALLY.

I AM OPEN TO EXPLORING MY SPIRITUALITY AND FINDING MEANING IN MY LIFE.

I RELEASE OLD PATTERNS AND BELIEFS THAT NO LONGER SERVE ME.

I TRUST IN THE WISDOM OF MY INNER SELF TO GUIDE ME ON MY PATH.

I AM CONNECTED TO A HIGHER PURPOSE, AND I ALIGN MY ACTIONS WITH IT.

| SPIRITUAL & PERSONAL GROWTH | SB |
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| TRANSFORMATI | |

I EMBRACE EACH DAY AS AN OPPORTUNITY FOR LEARNING AND GROWTH.

I AM OPEN TO SEEKING GUIDANCE AND INSPIRATION FROM SPIRITUAL SOURCES.

I AM THE AUTHOR OF MY PERSONAL GROWTH JOURNEY, AND I WRITE A STORY OF SELF-DISCOVERY AND EMPOWERMENT.

I AM GRATEFUL FOR THE SUPPORT AND ENCOURAGEMENT I RECEIVE FROM MY RECOVERY COMMUNITY.



COMMUNITY SUPPORT

I AM SURROUNDED BY A NETWORK OF UNDERSTANDING AND COMPASSIONATE INDIVIDUALS.



COMMUNITY SUPPORT

I GIVE AND RECEIVE SUPPORT WITHIN MY COMMUNITY, CREATING A CIRCLE OF STRENGTH.

B

COMMUNITY SUPPORT

I EMBRACE THE SENSE OF BELONGING AND CAMARADERIE THAT COMES FROM BEING PART OF A RECOVERY COMMUNITY.

COMMUNITY SUPPORT

I CONTRIBUTE POSITIVELY TO MY COMMUNITY, SHARING MY JOURNEY AND EXPERIENCES TO INSPIRE OTHERS.

COMMUNITY SUPPORT

I AM OPEN TO ACCEPTING help and GUIDANCE FROM THOSE WHO GENUINELY CARE ABOUT MY RECOVERY.



COMMUNITY SUPPORT

I AM NEVER ALONE IN MY JOURNEY; I AM PART OF A COMMUNITY THAT UNDERSTANDS.



COMMUNITY SUPPORT

I AM COMMITTED TO ATTENDING SUPPORT MEETINGS AND ENGAGING WITH MY RECOVERY PEERS.

COMMUNITY SUPPORT

I AM RESILIENT, AND I DRAW STRENGTH FROM MY COMMUNITY TO OVERCOME CHALLENGES.



COMMUNITY SUPPORT

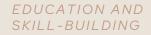
I AM PART OF A SUPPORTIVE COMMUNITY THAT CELEBRATES MY PROGRESS AND GROWTH.



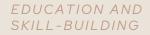
COMMUNITY SUPPORT



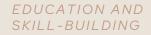
I AM A LIFELONG LEARNER, CONTINUALLY EXPANDING MY KNOWLEDGE AND SKILLS.



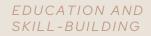
I EMBRACE OPPORTUNITIES FOR GROWTH AND SELF-IMPROVEMENT THROUGH EDUCATION.



I AM OPEN TO ACQUIRING NEW SKILLS THAT WILL EMPOWER ME IN MY RECOVERY JOURNEY.



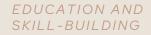
I TRUST IN MY ABILITY TO LEARN AND DEVELOP THE SKILLS NECESSARY FOR SUCCESS.



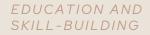
I AM DEDICATED TO IMPROVING MYSELF AND BECOMING THE BEST VERSION OF ME.

EDUCATION AND SKILL-BUILDING

I CELEBRATE EVERY MILESTONE AND ACHIEVEMENT IN MY EDUCATIONAL AND SKILL-BUILDING JOURNEY.



I AM RESILIENT, AND I PERSEVERE IN MY QUEST FOR PERSONAL AND PROFESSIONAL GROWTH.

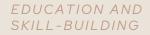


I AM CAPABLE OF ADAPTING AND THRIVING IN A CHANGING WORLD THROUGH ONGOING EDUCATION.





I VALUE THE KNOWLEDGE AND WISDOM I GAIN AS I BUILD NEW SKILLS.



I AM THE ARCHITECT OF MY OWN DEVELOPMENT, AND I CREATE A FUTURE FILLED WITH OPPORTUNITIES.

ΙΤΑΚΕ RESPONSIBILITY FOR MY PAST ACTIONS AND COMMIT TO MAKING AMENDS WHERE NECESSARY.



LEGAL AND ETHICAL RESPONSIBILITIES

I AM COMMITTED TO LIVING AN HONEST AND ETHICAL LIFE, IN ALIGNMENT WITH MY VALUES.

LEGAL AND ETHICAL RESPONSIBILITIES

I FACE MY LEGAL OBLIGATIONS WITH COURAGE, INTEGRITY, AND A WILLINGNESS TO MAKE THINGS RIGHT.



LEGAL AND ETHICAL RESPONSIBILITIES

I AM OPEN TO SEEKING LEGAL ADVICE AND GUIDANCE WHEN NEEDED TO ADDRESS ANY ISSUES.



LEGAL AND ETHICAL RESPONSIBILITIES

I HONOR MY COMMITMENTS AND RESPECT THE RIGHTS AND BOUNDARIES OF OTHERS.



LEGAL AND ETHICAL RESPONSIBILITIES

I AM A PERSON OF INTEGRITY, AND I CHOOSE ETHICAL BEHAVIORS IN ALL ASPECTS OF MY LIFE.



LEGAL AND ETHICAL RESPONSIBILITIES

I AM OPEN TO MAKING RESTITUTION AND TAKING STEPS TO CORRECT ANY WRONGDOINGS FROM MY PAST.



LEGAL AND ETHICAL RESPONSIBILITIES

I AM ACCOUNTABLE FOR MY ACTIONS AND STRIVE TO MAKE ETHICAL CHOICES IN MY DAILY LIFF.



LEGAL AND ETHICAL RESPONSIBILITIES

I RESPECT THE LAWS OF MY COMMUNITY AND SOCIETY AND ADHERE TO THEM RESPONSIBLY.



LEGAL AND ETHICAL RESPONSIBILITIES

I AM DEDICATED TO LIVING A life of INTEGRITY, MAKING ETHICAL DECISIONS, AND CONTRIBUTING POSITIVELY TO SOCIETY.

LEGAL AND ETHICAL RESPONSIBILITIES

ABOUT US

We are Borderline Support UK CIC, a national non-profit supporting people affected by borderline personality disorder (BPD). BPD is a complex mental health disorder that affects around 2% of the population.

We provide peer support groups, information and advice, signposting, and online support. We provide all of our support services free of charge, as we believe that no person affected by BPD should have to face this alone.

We are a non-profit with no paid staff, so all profits from the sale of our books goes directly to helping support people in need.

Thank you for your support.

To find out more about BPD please visit www.borderlinesupport.org.uk



LEGAL AND ETHICAL RESPONSIBILITIES