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HOLISTIC RECOVERY AFFIRMATIONS



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www.borderlinesupport.org.uk.



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.



MY BODY IS A
TEMPLE, AND I
TREAT IT WITH
LOVE, RESPECT,
AND GRATITUDE.



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

www.borderlinesupport.org.uk

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,
AND I AM
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
THE PATH TO
FINANCIAL
STABILITY.

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



RELAPSE PREVENTION

www.borderlinesupport.org.uk

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



RELAPSE PREVENTION

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

www.borderlinesupport.org.uk

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
MOTIVATION TO
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 AM ON A
JOURNEY OF
SELF-DISCOVERY
AND PERSONAL
GROWTH.



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.



I AM WORTHY OF
PERSONAL
GROWTH,
HEALING, AND
TRANSFORMATION.



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

www.borderlinesupport.org.uk

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



COMMUNITY SUPPORT

www.borderlinesupport.org.uk

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



COMMUNITY SUPPORT

www.borderlinesupport.org.uk

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



COMMUNITY SUPPORT

www.borderlinesupport.org.uk

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



COMMUNITY SUPPORT

www.borderlinesupport.org.uk

I AM OPEN TO
ACCEPTING
HELP AND
GUIDANCE FROM
THOSE WHO
GENUINELY
CARE ABOUT MY
RECOVERY.



COMMUNITY SUPPORT

www.borderlinesupport.org.uk

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



COMMUNITY SUPPORT

www.borderlinesupport.org.uk

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

www.borderlinesupport.org.uk

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



COMMUNITY SUPPORT

www.borderlinesupport.org.uk



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.



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.

I TAKE
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 LIFE.



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*