



30 Resilience Affirmations



www.borderlinesupport.org.uk



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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


A watercolor illustration of various flowers and leaves in shades of orange, yellow, and blue, arranged in a border at the top of the page.

I am stronger than
any challenge that
comes my way.


A watercolor illustration of various flowers and leaves in shades of orange, yellow, and blue, arranged in a border at the bottom of the page.


A decorative watercolor border featuring orange and yellow flowers and green leaves, framing the central text. The border is composed of two horizontal sections, one at the top and one at the bottom, with a torn paper effect separating them. The top section shows orange flowers and green leaves on the left and right sides. The bottom section shows orange flowers and green leaves on the left and right sides. The central area is white with a torn paper effect at the top and bottom edges.

I embrace
adversity as an
opportunity for
growth.


A decorative border at the top of the page featuring stylized flowers in shades of orange, yellow, and blue, with green leaves and stems. The border has a torn paper edge.

I have the power
to overcome any
obstacle in my
path.


A decorative border at the bottom of the page featuring stylized flowers in shades of orange, yellow, and blue, with green leaves and stems. The border has a torn paper edge.


A watercolor illustration of a floral border. The top border features bright orange and yellow flowers with green leaves. The bottom border features pale yellow and orange flowers with green leaves. The background is a light cream color with a torn paper effect separating the top and bottom floral sections.

I trust in my
ability to bounce
back from
setbacks.





I am resilient, and
I persevere
through life's
storms.




A watercolor illustration of orange and yellow flowers with green leaves, positioned at the top left and right corners of the page. The style is soft and painterly, with visible brushstrokes and a gentle color palette.


I find strength in
the face of
adversity.

A watercolor illustration of orange and yellow flowers with green leaves, positioned at the bottom left and right corners of the page. The style is soft and painterly, with visible brushstrokes and a gentle color palette.




I am capable of
adapting to change
with grace and
resilience.




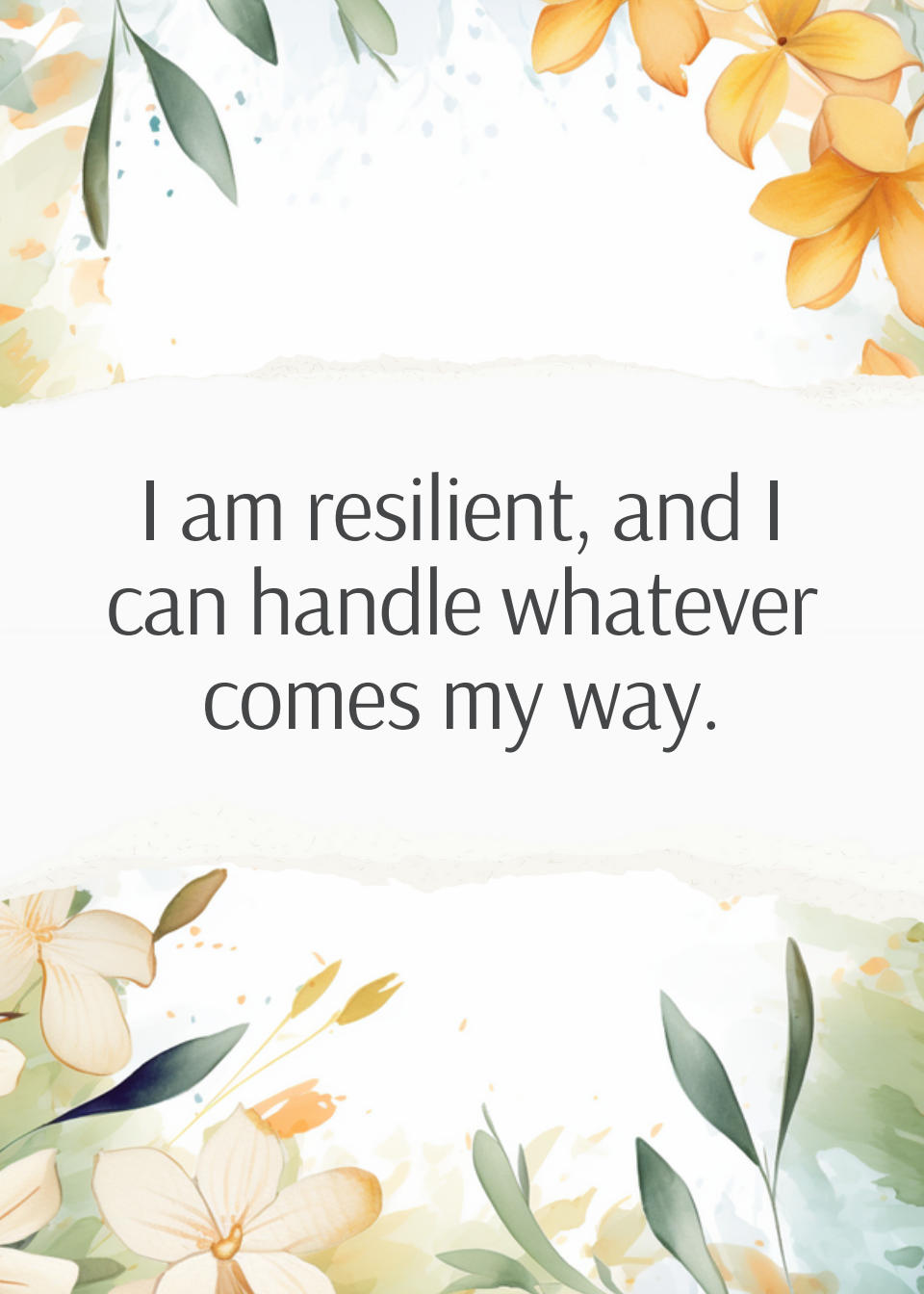
A decorative watercolor border featuring orange and yellow flowers and green leaves, framing the central text. The border is composed of two horizontal sections, one at the top and one at the bottom, with a torn paper effect separating them. The top section shows a cluster of orange flowers and green leaves on the right, and a green leaf on the left. The bottom section shows a cluster of orange and yellow flowers and green leaves on the left, and a green leaf on the right. The background is a light cream color with faint watercolor washes of orange, yellow, and green.

I choose to see
challenges as
stepping stones to
success.




I believe in my inner
resilience and
resourcefulness.




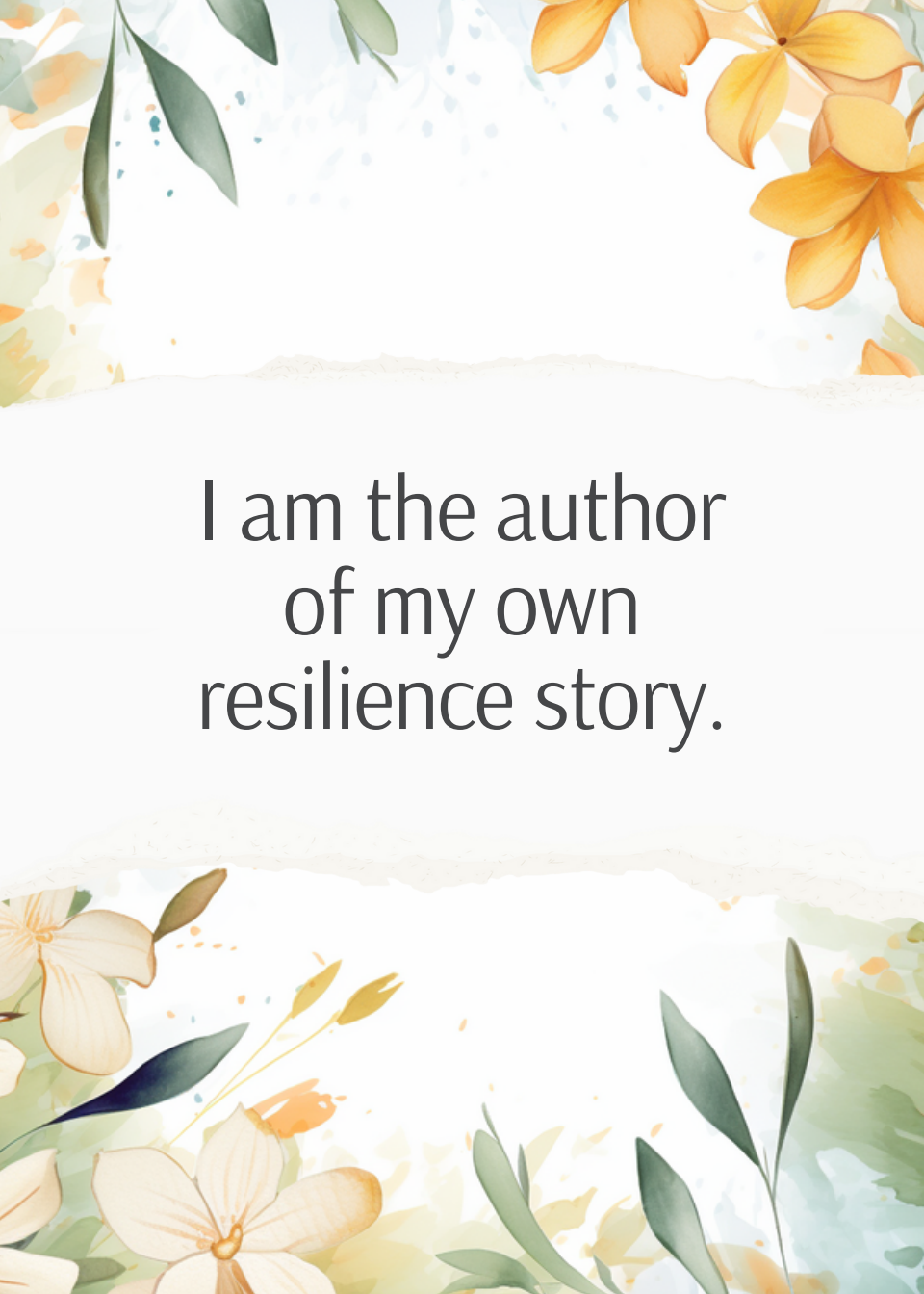
A decorative watercolor border featuring orange and yellow flowers and green leaves, framing the central text. The border is composed of two horizontal sections, one at the top and one at the bottom, with a torn paper effect separating them. The top section shows orange flowers and green leaves on the left and right. The bottom section shows orange flowers and green leaves on the left and right. The central area is white with the text.

I am resilient, and I
can handle whatever
comes my way.



I grow stronger
with every trial I
face.




A decorative border featuring watercolor-style illustrations of orange and yellow flowers and green leaves, framing the central text. The top border includes some blue and green splatters, while the bottom border has more yellow and orange splatters.

I am the author
of my own
resilience story.





I have the courage
to face adversity
head-on.




A watercolor illustration of orange and yellow flowers with green leaves, positioned at the top left and right corners of the page. The style is soft and painterly, with visible brushstrokes and a gentle color palette.


I am resilient,
and I rise above
life's difficulties.

A watercolor illustration of orange and yellow flowers with green leaves, positioned at the bottom left and right corners of the page. The style is soft and painterly, with visible brushstrokes and a gentle color palette.




I trust in my ability
to navigate life's
twists and turns.






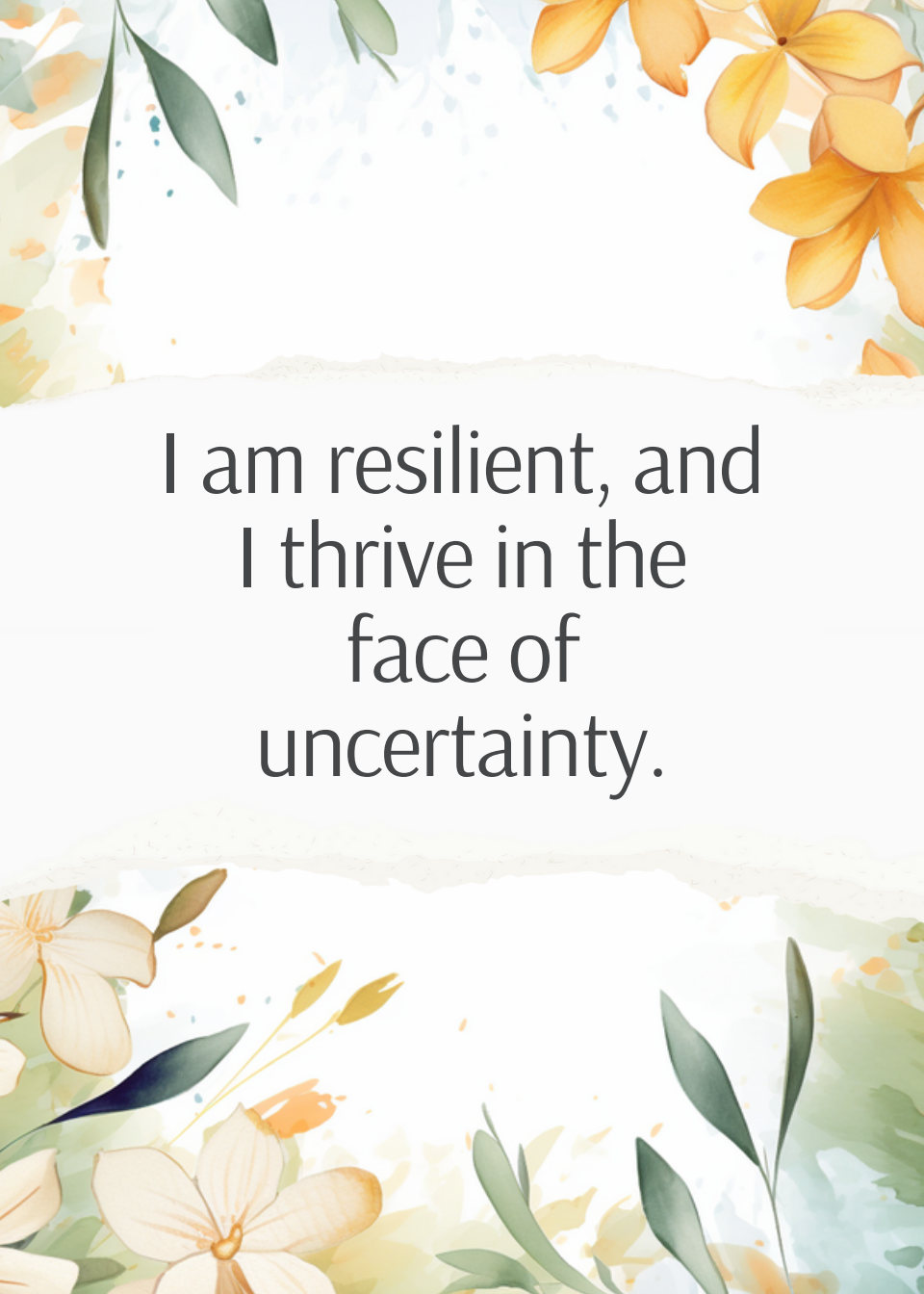
I am unbreakable, and I
can withstand life's
challenges.






I find solutions and
opportunities within
every adversity.




A watercolor illustration of a floral border. The top border features bright orange and yellow flowers with green leaves. The bottom border features pale yellow and orange flowers with green leaves. The background is a light cream color with faint watercolor washes of blue, green, and yellow.

I am resilient, and
I thrive in the
face of
uncertainty.




I am a survivor,
and I emerge
from difficulties
with grace.




A watercolor illustration of orange and yellow flowers with green leaves, positioned at the top left and right corners of the page. The style is soft and painterly, with some petals and leaves extending into the central white space.


I am resilient, and
I turn setbacks
into comebacks.

A watercolor illustration of orange and yellow flowers with green leaves, positioned at the bottom left and right corners of the page. The style is soft and painterly, with some petals and leaves extending into the central white space.





I have the
strength to
weather any
storm.






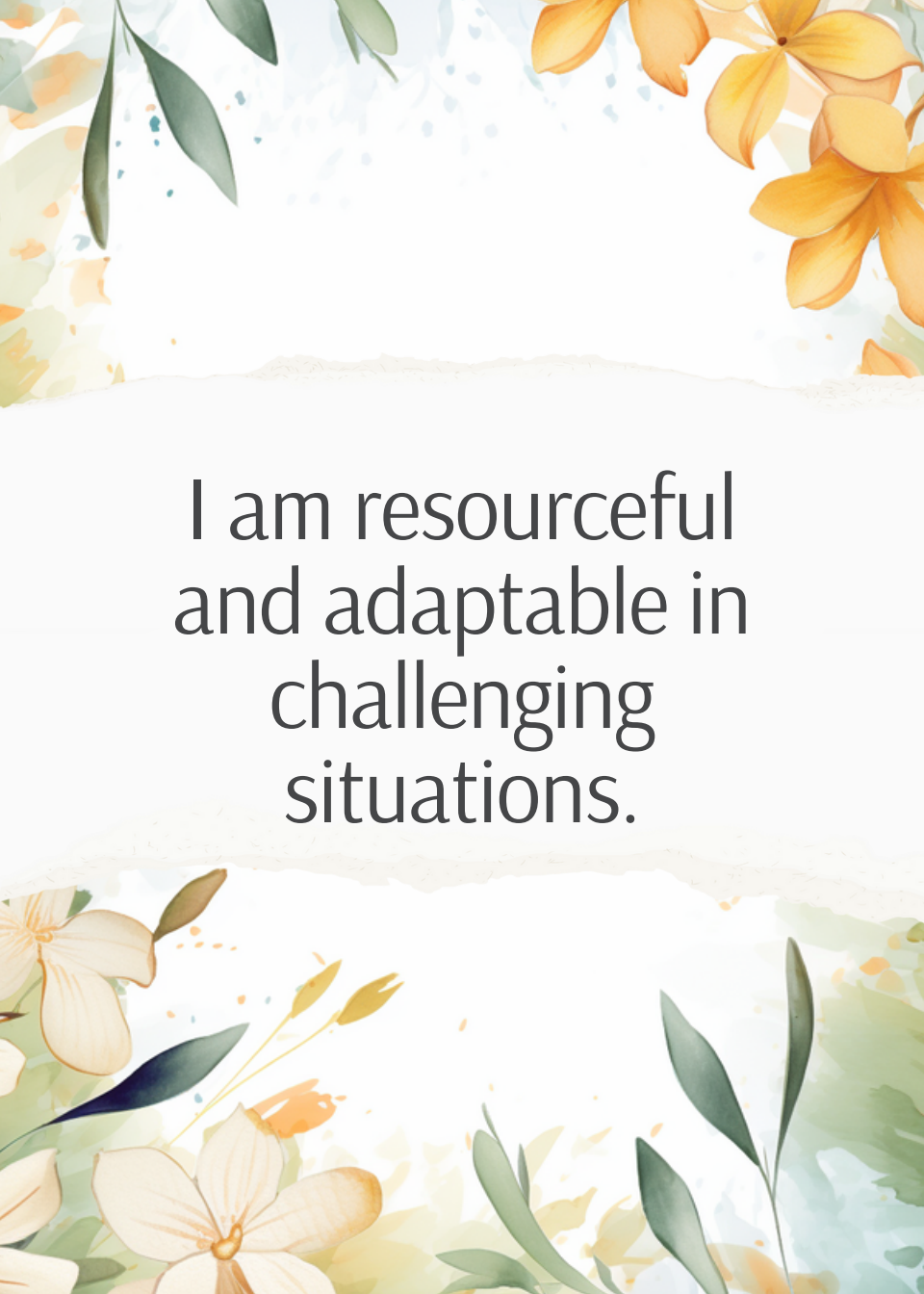
I believe in my
capacity to learn and
grow through
adversity.






I am resilient, and
I can handle
whatever comes
my way.





A decorative watercolor border featuring orange and yellow flowers and green leaves, framing the central text. The border is composed of several elements: a large orange flower in the top right, green leaves in the top left, and a cluster of orange and yellow flowers with green leaves in the bottom left and bottom right. The background is a light cream color with a torn paper effect at the top and bottom edges.

I am resourceful
and adaptable in
challenging
situations.




I trust in my ability to
find light in even the
darkest moments.




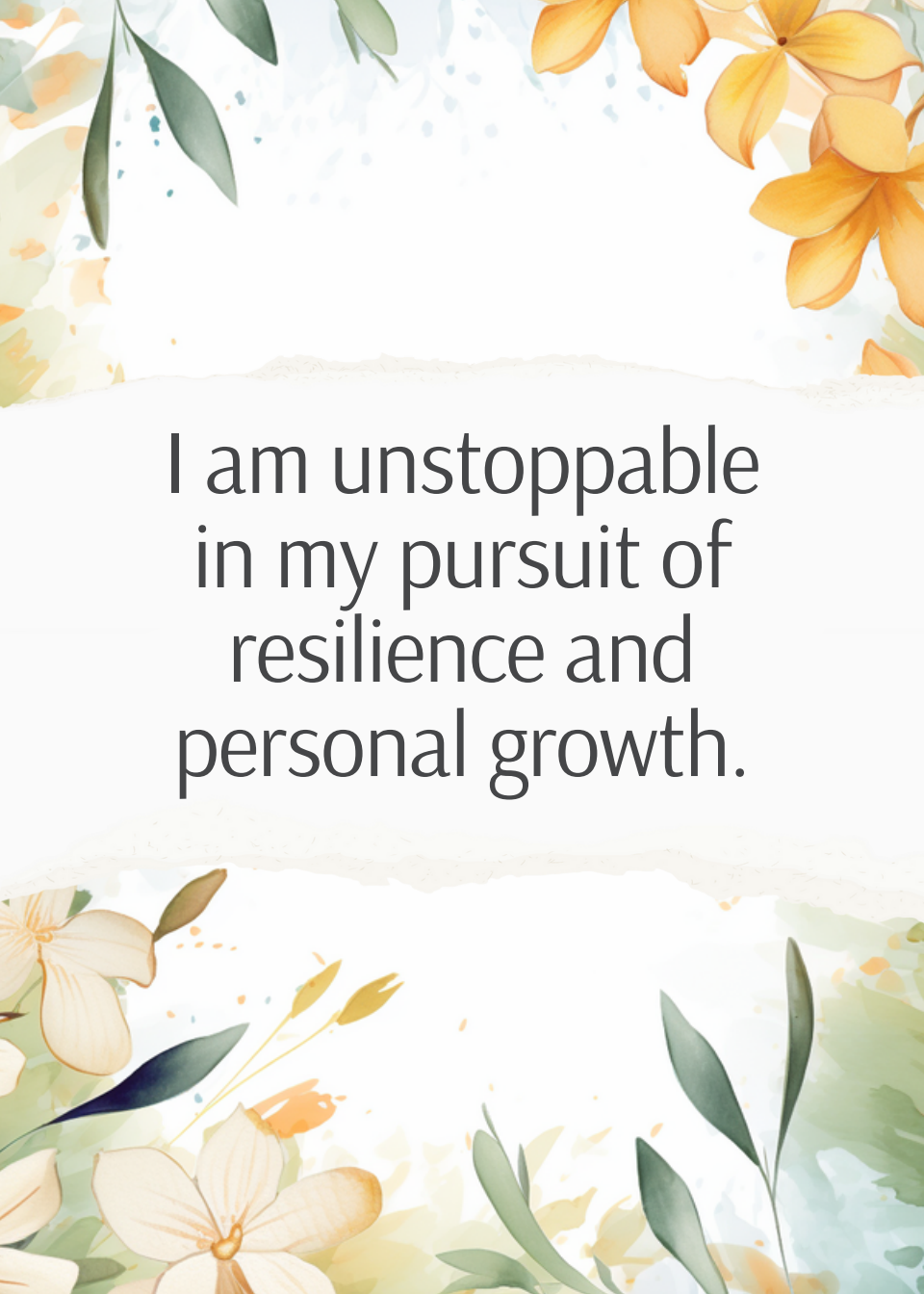
A decorative watercolor border featuring orange and yellow flowers and green leaves, framing the central text. The border is composed of two horizontal sections, one at the top and one at the bottom, with a torn paper effect separating them. The top section shows a cluster of orange flowers and green leaves on the right, and a green leaf on the left. The bottom section shows a cluster of orange and yellow flowers and green leaves on the left, and a green leaf on the right. The background is a light cream color with faint watercolor washes of blue and green.

I am resilient, and
I am in control of
my responses to
adversity.




I have the
resilience to
transform
setbacks into
success stories.




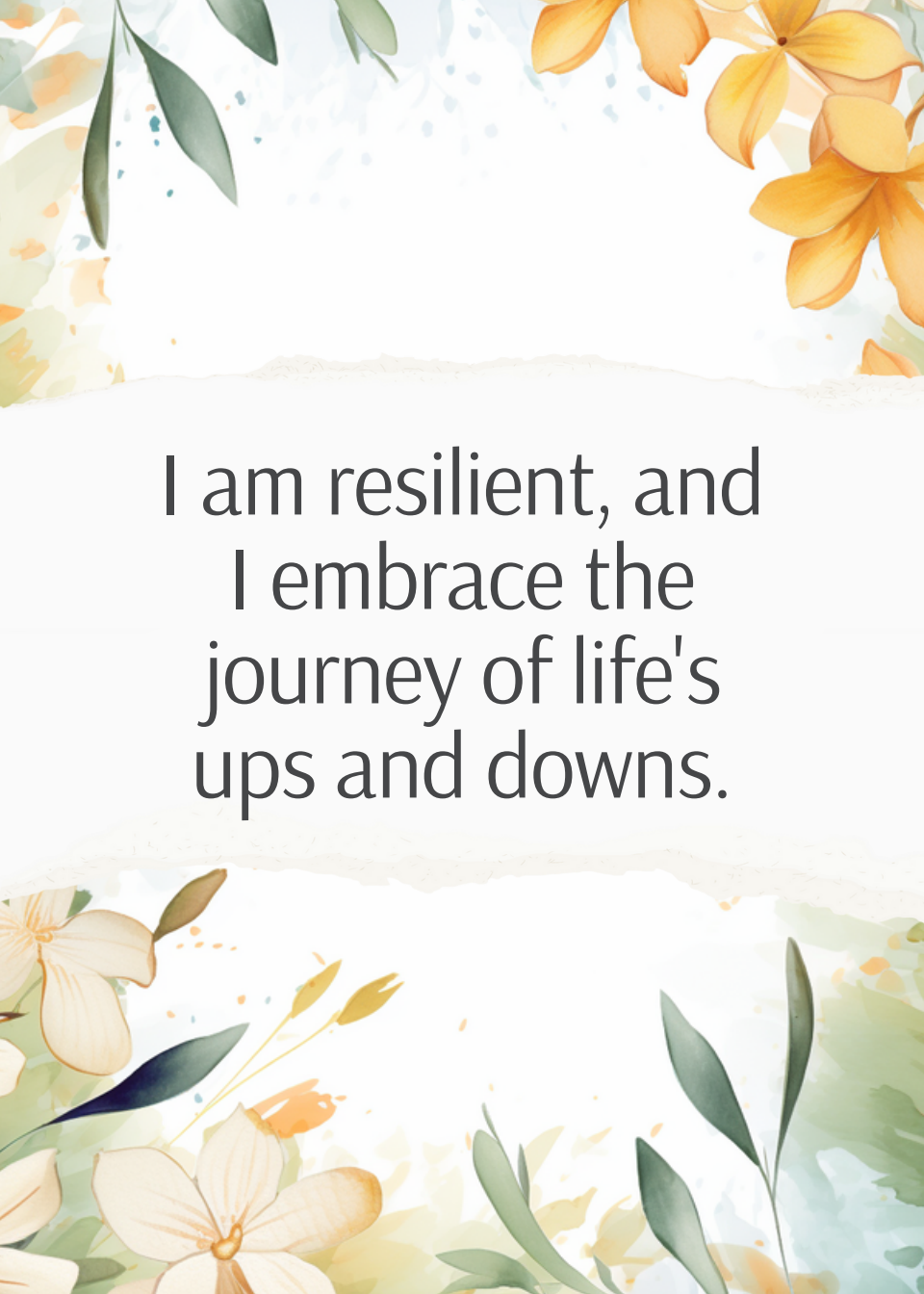
A watercolor illustration of various flowers and leaves in shades of orange, yellow, and green, framing the central text. The flowers are stylized with soft, blended colors and delicate outlines. The leaves are simple, elongated shapes in various shades of green. The overall style is soft and artistic, with a focus on natural elements.

I am unstoppable
in my pursuit of
resilience and
personal growth.



I believe in my
capacity to thrive,
no matter the
circumstances.



A watercolor illustration of a floral border. In the top right corner, there are bright orange flowers with green leaves. In the bottom left corner, there are light orange flowers with green leaves. The background is a soft, light blue and green wash with scattered orange and blue dots. The text is centered in the middle of the image, between two horizontal bands of the floral border.

I am resilient, and
I embrace the
journey of life's
ups and downs.