

AFFIRMATIONS

You can use positive affirmations to motivate yourself, encourage positive change, and boost your self esteem. Try writing these affirmations down, or reading them to yourself.



I will get through this



I can heal



I am loved



It's OK to cry



I will welcome brighter days



It's ok to laugh even though I am grieving



I can accept help that is offered to me



I am allowed to miss them



There is no time limit to grieve



I have permission to feel my feelings



Death will not break the bond of love