



Type Four Affirmations

I now affirm:

- That I am not defined by my feelings
- That only the feelings I act on express who I am
- That I open myself up to people and the world
- That I use all of my experiences to grow
- The goodness of my life, my friends, and myself
- That I love myself and treat myself gently
- That I am free of the damage of my past
- That I am transforming my life into something higher
- That I am bringing something beautiful into the world

Don Richard Riso