



## Type Six Affirmations

### I now affirm:

- That I am independent and capable.
- That I can keep my own identity in groups and in relationships.
- That I have faith in myself, my talents, and my future.
- That I meet difficulties with calmness and confidence.
- That I am secure and able to make the best of whatever comes my way.
- The kinship I have with every human being.
- That I am understanding and generous to all who need me.
- That I act courageously in all circumstances.
- That I find true authority within me.

**Don Richard Riso**