



Type Two Affirmations

I now affirm:

- That I own all of my feelings without fear
- That I am clear and conscious of my motives
- That I am lovable for who I am
- That my happiness does not depend on pleasing others
- That I can let go of loved ones
- That I nurture my own growth and development
- That I love others without expecting anything in return
- The joy and warmth that fills my heart
- My gratitude for all that others have given me

Don Richard Riso