

## AFFIRMATIONS, pt 1 BRB p 329

1. It is okay to know who I am.
2. It is okay to trust myself.
3. It is okay to say I am an adult child.
4. It is okay to know another way to live.
5. It is okay to say no without feeling guilty.
6. It is okay to give myself a break.
7. It is okay to cry when I watch a movie or hear a song.
8. My feelings are okay even if I am still learning how to distinguish them.
9. It is okay to not take care of others when I think.
10. It is okay to feel angry.
11. It is okay to have fun and celebrate.
12. It is okay to make mistakes and learn.
13. It is okay to not know everything.
14. It is okay to say "I don't know."
15. It is okay to ask someone to show me how to do things.
16. It is okay to dream and have hope.
17. It is okay to think about things differently than my family.
18. It is okay to explore and say, "I like this or I like that."
19. It is okay to detach with love.
20. It is okay to seek my own Higher Power.
21. It is okay to reparent myself with thoughtfulness.
22. It is okay to say I love myself.
23. It is okay to work an ACA program.