

These affirmations were written by Al-Anon members at an Al-Anon workshop.
We would like to share them with you!



-You deserve happiness and peace in your life.

-You have such a good mind.

-You have an inner glow that shows your serenity and peace with your life.

-You can find peace and calmness with your Higher Power.



-You are a loving and caring daughter/son, wife/husband, sister/brother, mom/dad.

-You deserve great happiness.

-You are worthy of being happy, joyous, and free. You are able to let go and let God have it.

-You will let go of resentments.

-You are a magnificent woman/man. I believe in and trust your guidance.

-I will accept you just as you are.



-You can make the changes and you will get past this with God's blessings because you are worth it.

-You are a capable, strong, loving person who is a positive contribution to others.

-You are doing your share to make your family better.



-You are a wonderful, caring person. You are there when I need you.



-You are one of God's finest creations - use your gifts. Be happy.

-You deserve all the colors you desire - the whole rainbow.

-You are a beautiful person inside and out.

-You can do whatever you set your mind on.

-Life will fold out the way God intended. It will be OK



-You have so much to be proud of.

-You know your Higher Power is with you thru your own peace of mind.

-You deserve to be loved and cared for, and are loved and cared for.

-You are a kind person with a big heart - it feels good to be with you.

May you always have peace and happiness.

-You are someone I can count on.

-You make a difference in my life.



-You are loved by others and God. Your work is important and you are contributing to the improvement of the lives of others in this world. Your life has meaning.



-You are a daughter/son of the most high King. He owns everything. He wants to share all with you. He wants the best for you.

-You can let go and detach with full faith in your Higher Power.

-You are a wonderful beautiful child of God.

-You did a great job.

-You are a special person and lovable.



-You are a good, understanding, patient person.

-You are a good person, accept it.

-You are a kind, loving person.

-I really love you. You deserve the best. I am giving you these flowers as a token of my love for you. Happy Sweetest Day!

-You have a loving heart.

-Your Higher Power Father loves you so much that He is bursting with happiness and joy.



-You are truly appreciated. You make a difference in the lives of others.

-You're a good friend and I like to be with you.

-You are important.



-You are creative, smart, and intuitive - you share your strength, hope, love, and experience freely with others.

-You are a wonderful person.

-You deserve to be happy and have a life without chaos.

-You are perfect just the way you are.

-You are such a good friend - I can always depend on you.

-You are loved - You are there for me.

-You are okay where you're at in life right now. God loves you regardless.



-Be true to yourself.

-You're a good lady/man like so many others.

-You are worth it.



-You are special, unique, talented, and a gift to this world.

-You're the best! Thanks for being a great part of my life.

-You are working the program. I can see it in your actions, your comments. Keep up the good work. You deserve it.

-You are a good person.

-You are an inspiration - You demonstrate goodness through your faith.

-You're a good person - God loves you.

