

Fearless **FREEDOM**

10 Affirmations for Moving Beyond Divorce

1

I am strong and capable of handling whatever comes my way during this divorce.

6

I am grateful for the positive things in my life and will focus on them to help me through this difficult time.

2

I deserve to be treated with respect and kindness, even during a difficult divorce.

7

I am letting go of what no longer serves me and embracing new opportunities and experiences.

3

I am worthy of love and happiness and will find them again, alone or partnered.

8

I am not alone, and there are people who love and support me through this challenging time.

4

My divorce does not define me, but my strength and resilience during this difficult time do.

9

I am open to new possibilities and opportunities that will come my way as I move forward from this divorce.

5

I trust in myself and my ability to make the best decisions for myself and my future.

10

I am capable of healing and growing from this experience and will come out stronger on the other side.