

Affirmations



Mourning is a part of life and I'm surviving.
I'm willing to move forward with my life.
I'm now discovering new strengths in myself.
It's okay to take time to grieve.
I pamper myself while I heal.
It's okay to be angry at having to grieve.
It's possible to intersperse happiness in grief.
I choose to be happy today.
Grieving is tiring; I ask for and receive extra energy.
I get lots of rest during these times as I need it.
I'm hanging in there which is okay for now.
It's okay to feel overwhelmed.
I remember what my life was like before the loss.
I choose to feel my loved one's presence today.
I continue emotionally living as I am still physically living.
I wrap myself up in God's healing arms today.
I relinquish this overwhelming sense of grief and loss.
Grieving takes time; I give it the time it needs.
I feel the angels holding me as I grieve today.
My tears are cleansing and it's okay to shed them.
I continue to look for the rainbows after the storms.
I place a high price on my mental sanity today.
I give myself a break today.
I relax and let all the feelings come out today.
When people ask me how I feel I can handle it.
I feel the strength hidden inside the weakness.
Emotionally and physically I'm stronger today.
Grief takes on many forms and I will accept people's help.
I deserve to take special time for myself now.
It's okay to grieve for the way things used to be.

It's okay to grieve for all perceived losses.

It's okay to heal my grief today.

In my sadness, I love myself.

It's okay to take time to grieve.

I let go of my sorrow, but hold onto my love for my loved one.

I am willing to release any negative fearful idea from my mind and body and life.

It's okay to be angry at having to grieve.

I will feel my grief but not wallow in it.

I choose love. I choose to heal.

I have lived and loved. I give and receive love today.

I accept what I cannot change and find the courage to change the things I can.

In order to get help for myself, I must ask for it.

My life has purpose and I live today in compassion and love.

I will take care of myself as I heal.

I'm discovering new strengths within myself.

I am thankful for the time I shared with my loved one.

I forgive anyone close to me who has died.

I do not have to be defined by my grief.

I need to take breaks from my grief sometimes, and let myself have fun.

I will trust that I am safe.

Every day I will check in with my feelings.

I know that everyone in my life may be in a different place with their grief. I will respect where each person is and not compare myself to them.

I can write notes to my special person and put them in a safe place.

When my grief comes out sideways, I will pay attention to it.

I can handle the stress of my grief better when I take care of my body.

I promise to myself that I will talk about my loss with someone I trust.

I know that I am not responsible for other people's feelings.

I need to let other people love me.

If you are in need of assistance in dealing with grief, please contact your local Optimal Hospice Care office for information. Free group, family and individual counseling is available for adults and children.