

Women Healing Women MindShifters

1. Telling the Truth is safe, healing and nurtures me and my relationships.
2. The Truth is safe.
3. It is safe and healing for me to be in touch with my _____.
4. It is safe and healing to ask _____ for what I want.
5. I take responsibility and heal all ideas of being wrong, guilty or at fault.
6. Everyone supports my full expression and aliveness.
7. It is safe and healing for me to be in a totally committed, honest relationship.
8. The sole purpose of the universe and everyone in it is to nurture, care for and support me.
9. It is safe and healing for me to look at all of my pain, disappointments, betrayals and/or abuse.
10. It is safe and healing for me to trust _____
11. I am an important and integral part of life.
12. It is safe and healing for me to look at and accept what I have been denying.
13. Failure is God giving me an opportunity to learn.
14. It is safe and healing for me to be honest and close with men.
15. It is safe and healing for me to accept life as it comes, breathe, and let my guard down.
16. It is safe and healing for me to collapse the wall and let someone / _____ into my life.
17. It is safe to be in a clear, strong relationship with a strong man.
18. It is safe and healing to be exposed in the presence of _____
19. It is ok for me to be relaxed and at ease in the presence of sexual energy.
20. Relationships are safe and healing no matter how they appear.
21. It is easy and healing for me to let go of the past and change.
22. It is safe and healing to experience overwhelm.
23. It is safe to feel.
24. Men are always there to nurture and support me.
25. Being alone heals my relationship with me.
26. It is safe and healing for me to slow down and listen to my mind.
27. It is safe for me not to know.
28. I am always enough.
29. Everyone, including myself, recognizes that I have value just because I exist.
30. My body is a safe, healthy place to express myself fully and freely, and to create my life.
31. Having my period is a healing, cleansing experience.
32. God, my mother, father and I approve of my being a sexual being.
33. Facing and dealing with past sexual issues is safe and heals me.
34. My mother/father/_____ is/was always there for me.
35. I am worthy of touching and love.
36. It is safe and healing for me to excel beyond any human (any man) that has ever lived.
37. It is safe and healing for me to free myself of hostility and defensiveness.
38. It is safe and healing for me to express myself in front of men / women / _____.
39. It is safe and healing for me to look at all issues of victimhood and breathe.
40. It is safe and healing to simply receive love from others.
41. It is safe and healing to tap into and live my life purpose regardless of abundance or poverty.
42. It is safe for me to exist in my body as the beautiful, powerful woman that I am.

43. It is safe and healing for me to stay conscious and decode all the hurts from my past and heal by maintaining the active presence of love.
44. The more I disappoint my dad / my spouse/ _____ the more he nurtures and cares for me.
45. It is safe and healing for me to be out of my mind.
46. When people around me are in pain, I realize I am loved just because the Creator put the breath of life in me.
47. It is easy for me to breathe in the presence of the wondrous gifts given to me.
48. It is safe and healing for me to put myself first.
49. I am worthy of the best in every situation, every relationship, and every material matter throughout my life.
50. It is safe and healing for me to make as much commitment to healing as to surviving.