



10 Daily Affirmations for Male Survivors

1. Recovery is absolutely possible and achievable for me.
2. I will practice being loyal to function and disloyal to dysfunctionality.
3. I give myself permission to connect to loving, affirming, strong, sensitive, accepting men and women in my community.
4. I release and forgive myself for any responsibility I have accepted in the past for my abuse.
5. The abuser(s) from the past chose to hurt me; I will stop repeating the lie that it just "happened" to me.
6. Offering myself daily compassion is necessary for my healing and growth.
7. I commit to connecting to the boy inside me today so we can play, laugh, and experience joy together, even if just for a minute or two.
8. I believe deep inside me I possess the ability to face the truth of my abuse and to learn to use new tools for healing.
9. I have the right and the ability to speak the truth of my abuse and deserve to be heard, understood, believed, and supported.
10. Feeling is healing; as I heal, I develop the ability to experience a wider range of emotions to enhance my health and connections to others.