

Relationships Series

*POSITIVE AFFIRMATIONS
for Life*



Affirmations for Creating Loving and Lasting Relationships

Introduction:

Welcome to this guided affirmation track to help you create loving and lasting relationships. Listen and repeat each affirmation after me. This is your time now so honor it.

Track 1:

1. I am fully present in my relationships.
2. I cherish the quality time I spend with my loved ones.
3. Kind words and good deeds fill my relationships.
4. I express my appreciation for the love and attention I get.
5. I focus on the parts of my relationship that are working well.
6. My relationships are pillars of love and support.
7. I am comfortable being myself.
8. I fulfill the needs of myself and others with enthusiasm.
9. I am a role model for the change that I want to see in others.
10. I am completely at ease among others.
11. I honor the promises that I make.
12. I have the right to be treated with respect at all times.
13. I channel my frustration into calm clear communication.
14. I tell the truth and encourage the truth.
15. Honesty is the guiding light of all my relationships.

Track 2:

16. I only attract loving caring people.
17. I trust myself to do the right thing by others.
18. I contribute to the healthy growth of my relationships.
19. I give a positive energy to everyone in my life.
20. I keep things simple and uncomplicated.
21. I am in fulfilling and nurturing relationships.
22. In times of frustration, I always take a deep breath first.
23. I speak at a normal volume so others can easily hear me.
24. I understand the need for space, both for myself and for others.
25. I am happy to work hard at my relationships.
26. I see the wonderful side of those in my life.
27. I focus on my own business and not the business of others.
28. I speak words of encouragement, love and support.
29. The only person I expect to change is myself.
30. Building healthy relationships is worth my efforts.

Track 3:

31. I express my feelings in a constructive way.
32. I listen patiently and completely.
33. I meet every person with warmth and understanding.
34. I stay away from drama, judgement and criticism.
35. I feel safe when I am vulnerable in my relationships.
36. I recognize the normal patterns of highs and lows in relationships.
37. I feel comfortable expressing my needs openly.
38. I resolve disagreements peacefully.
39. I have faith in myself to get through the tough times.
40. I give up the need to be right all the time.
41. I trust the important people in my life.
42. I welcome feedback on how I can be a better person.
43. I let go of past mistakes with ease.
44. I take the initiative to say "I'm sorry" and "I love you".
45. I am worthy of loving, happy relationships.