

I am loved, protected, and safe

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Feeling loved is important to me. I am very loved.

I feel a lot of love in my life. I have love for others, and there are many people that love me. I feel love on every level. **I am grateful for all the love in my life and appreciate the positive attention I receive.**

I feel protected by the important people in my life.

I am comfortable taking risks. I am able to expand my comfort zone because I feel protected and loved. I am able to embrace failure. **I am willing to experience more because I know that the people in my life have my back.**

I feel safe.

I am unafraid. I am courageous. My life is under control, and I have all the social support I need. I am in a great position to grow my life and to achieve great things.

I am loved, protected, and safe. This gives me the ability to do and be anything I

desire. **My options are unlimited.** The more love and safety I feel, the more comfortable I am to pursue my dreams.

Today, I appreciate the people in my life. I love those that love me. I protect those that protect me. I feel loved, protected, and safe.

Self-Reflection Questions:

1. Whom do I appreciate the most in my life? Do they know how much I appreciate them?
2. Who makes me feel unloved? Who makes me feel worried or unsafe? What can I do to change this?
3. What could I do if I felt loved, protected, and safe?