

I FEEL SAFE TO NURTURE MY FEELINGS

I feel safe to nurture my feelings.

In order to feel safe, I protect my feelings. I ensure that my boundaries are in place. I manage my feelings by being aware of my thoughts. I observe my feelings which helps me be objective.

I am gentle with myself. I treat myself with respect. **I have a sweet inner voice that calms my nerves.** I am kind to myself.

It is okay for me to feel the way I do. I hold space for my feelings. I choose to value my feelings even more than ever before.

I let go of old feelings that no longer are appropriate. I embrace a new, higher self-value. **My feelings are valuable.** I choose to be happy. I gently raise my feelings through the breath.

I let go of conflict within. **I let my heart lead the way.** I clear and cleanse any old, unkind feelings toward myself and others.

I release self-judgement. I grant myself a pardon. I let myself off the hook. I give myself a hall pass for any mistakes I have made.

I choose to forgive myself. When I give myself permission to heal, I become a more compassionate person toward others as well as myself.

I let my feelings flow. It is okay to release them. I treat myself like a sweet child. I am loving toward myself. I give myself a hug.

Today, I emotionally reset myself like the sun coming out after a storm. I feel so much better. I feel safe to nurture my feelings.

Self-Reflection Questions:

1. How do I want to feel at this time?
2. What can I do to enable me to feel the way I want?
3. What do I need to do to maintain this new emotional set point?