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## FIERCE AFFIRMATIONS FOR HEALING A BETRAYED HEART



# THE POWER OF AFFIRMATIONS

Welcome! I am so glad you are here. It is time to feel like yourself again, and you have taken a perfect first step on that journey.

The affirmations I am sharing have been specifically curated based on the Betrayed No More Healing Process we teach at Directional Healing Online. Each affirmation section represents a step in our healing process.

Affirmations are powerful tools to use during your healing transformation. Affirmations can:

- Free us from struggle
- Help us create a new mindset
- Give us an aspirational target
- Release momentary anxiety
- Primes the pump for transformational healing work
- And so much more....

Affirmations are intentional statements of truth. Repetition helps you to believe them, even if you don't at first.

They offer us a pathway from the pain of the present into the peace of the future. When repeating the affirmation we begin the process of changing how we look at, and feel about, our life. The more we repeat the affirmations, the more we train our consciousness to be open and receptive to the promise of the affirmation.

When clients ask "What if I don't believe the affirmation?", I reassure them that it's okay. Affirmations are directional, meaning they move us forward. Even if you don't believe an affirmation at first, repeating it and doing the healing work can help you to let go of resistance and make it your truth.

As you use these affirmations and worksheet, know that you are not alone on this journey. Many people have been through this healing process and they have come out on the other side stronger. Trust the process of transformation. And remember:

You are strong, you are resilient, and you are worthy of healing.



# BETRAYAL RECOVERY

## Affirmations and Workbook to Soothe Heartache

*Congratulations on beginning your healing journey. Use these affirmations to soothe the pain of betrayal and begin to reclaim your life.*

*These affirmations have been purposefully curated to help you heal, move on and feel like yourself again!*

### INSTRUCTIONS

#### Affirmation Practice Instructions

The affirmations are organized according to the steps of the Betrayed No More Healing System that we teach at Directional Healing Online (DHO).

1. Choose one of the following options:
  - Go through the affirmations in order.
  - Start with a section that resonates with you. (Your choice may vary depending on where you are in the healing process.)
2. Find a comfortable and safe place to sit. Take three deep breaths to center yourself.
3. Read the affirmations out loud 1 to 3 times. Conclude with three deep breaths.
4. Repeat this process daily for 30 days or until you feel aligned with the affirmation, meaning you are in agreement with its message.

# DIRECTIONAL HEALING ONLINE

## THE “MUST HAVE” AFFIRMATIONS TO HEAL FROM BETRAYAL

As you repeat the affirmations in this section, center yourself in honesty and self-compassion. Remember, you are not to blame. Allow yourself to fully embrace the truth in each affirmation. These affirmations are crafted to illuminate your truth and gently guide you towards letting go.

### STEP 1: ACKNOWLEDGEMENT

- I meet my pain with gentle honesty, free from any shame or blame.
- I recognize the impact this experience has had on my life with compassion instead of judgment.
- I have the power to heal my heart.
- I can create the life I want.

### STEP 2: WILLINGNESS TO HEAL

- I give myself permission to release the pain so my heart can heal.
- I am willing to let the pain go so I can create space for the new.
- I am willing to move from pain into peace now.
- I am willing to feel my inherent power and self-confidence. They are always within me, and I can call them forth at any time.

# DIRECTIONAL HEALING ONLINE

## THE "MUST HAVE" AFFIRMATIONS TO HEAL FROM BETRAYAL

As you repeat the affirmations in this section, open your heart to the feeling of pure, unconditional forgiveness. Allow yourself to go deep and accept situations, even if they are unacceptable. This action frees you from the past and allows you to welcome in the new with open arms.

### STEP 3: FORGIVENESS

- I completely forgive all individuals involved in this situation.
- I forgive myself for any role I played in this situation.
- I release all anger I hold towards myself and others. I envelop us all in the loving light of forgiveness.
- I love myself enough to forgive myself and others.

### STEP 4: ACCEPTANCE

- I accept that the unacceptable has happened in my life, and I choose to move forward with forgiveness and acceptance.
- I accept my present, knowing that I have the power to change my outlook and attitude to create a better future.
- I accept the changes this situation brought into my life, even if I don't like them.
- I understand and accept the lessons this situation has taught me so I don't have to repeat them in the future.

# DIRECTIONAL HEALING ONLINE

## THE “MUST HAVE” AFFIRMATIONS TO HEAL FROM BETRAYAL


As you repeat the affirmations in this section, go deep within and connect with your innate power. This power is always within you and can never be taken away. Anchor yourself in this power and feel the wonder of your future.

### STEP 5: CAPABILITY

- I am capable of healing my heart and bringing peace into my life.
- I am confident in my discernment and decision-making abilities.
- I am capable of achieving my goals and dreams, and no one has the power to take that from me.
- My heart has a limitless capacity for love.

### STEP 6: MY FUTURE

- I alone decide my value. Therefore, I declare that I am valuable to this world. I bring value to all that I do. I am valued.
- I alone decide my worth. Therefore, I declare that I am worthy of my highest good now. I am worthy.
- No matter what circumstances I face, I am always excited about my future.
- I lovingly close the door on a chapter of my life that no longer serves me. I move confidently in the direction of my greatest yet to be.



Let's wrap up with bonus affirmations. Yay!  
These affirmations focus on your overall good and truth. They can act as a peaceful anchor in a chaotic day.

BONUS AFFIRMATIONS

1. I welcome each day with gratitude, excitement and awe for my life and its perfect unfoldment.
2. I open my heart to receive the love and joy that the universe is waiting to give me.
3. I say YES to my highest good and welcome it into my life now.

***Be kind to your heart.  
Take it out into the vast fields of light  
and let it breathe.***

**- Hafiz**



# AFFIRMATION WORKSHEET

for

## Soothing the Heartbreak of Betrayal

*Here's another healing tool for you. Yay!*

*In the Betrayed No More Healing Process, clarity is a critical component for healing. You must be able to 'Name it to Change it'.*

*Use this worksheet to learn more about your thoughts and experiences with the affirmations.*

### A DEEPER DIVE

*This affirmation really moved me. (Write down the affirmation) When I read the affirmation, my first thought/feeling was?*

*Which affirmation(s) resonates with me most and why?*

*Which affirmation(s) did not resonate with me? Why?*



# DIVE DEEPER

*What did I learn about myself as I was repeating the affirmation(s)?*

*After completing the exercise, I realized*

*I have been waiting to say...*

*List 3 bite-sized actions I can take today increase my joy*

**1**

**2**

**3**

***Healing is a process. You have taken the first step. Keep going, keep healing, keep loving. You deserve it.***

**- Rebecca Le Vine**