**Biblical Affirmations for Trauma Recovery**

**Purpose:**
This worksheet provides scripture-based affirmations to help you counter negative thoughts, foster resilience, and ground your healing journey in God’s promises. By meditating on His Word, you can replace fear and doubt with faith, strength, and hope.

**1. What Are Affirmations?**
Affirmations are positive statements that reinforce truth and counteract negativity. Biblical affirmations draw directly from scripture, reminding you of God’s love, power, and presence. When repeated regularly, they can help reshape your mindset and anchor your healing in faith.

* How do you feel about using affirmations as part of your healing journey?
* What negative thoughts or beliefs do you currently struggle with?

**2. Replacing Negative Thoughts With Biblical Truth**
Below are common negative thoughts and their corresponding biblical affirmations. Reflect on which resonate with you.

* **Negative Thought:** “I am broken beyond repair.”
	+ **Affirmation:** *“He heals the brokenhearted and binds up their wounds”* (Psalm 147:3).
* **Negative Thought:** “I am not strong enough to overcome this.”
	+ **Affirmation:** *“I can do all things through Christ who strengthens me”* (Philippians 4:13).
* **Negative Thought:** “I am alone in my pain.”
	+ **Affirmation:** *“The Lord is close to the brokenhearted and saves those who are crushed in spirit”* (Psalm 34:18).
* Which of these affirmations speaks most to your current struggles? Why?
* Write down another negative thought you’ve been struggling with. What scripture could you use to counter it?
Negative Thought: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Biblical Affirmation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. Creating Personalized Affirmations**
Your affirmations can be personalized to reflect God’s promises for the specific areas of your life where you seek healing and strength.

* Write down a scripture verse that brings you comfort. Use it to create a personalized affirmation.
Scripture: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Personalized Affirmation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What specific area of your life could benefit from a daily affirmation (e.g., self-worth, relationships, fear of the future)?

**4. Incorporating Affirmations Into Your Life**
Affirmations are most effective when repeated consistently and intentionally. Below are ways to integrate them into your routine:

* **Morning Routine:** Begin your day by reciting an affirmation aloud or writing it in a journal.
* **Visual Reminders:** Write affirmations on sticky notes and place them where you’ll see them often (e.g., mirror, fridge, desk).
* **Prayer Time:** Include affirmations in your prayers, speaking them as declarations of faith.
* Which method of incorporating affirmations feels most meaningful to you?
* Write one affirmation you will commit to repeating daily this week.

**5. Reflection: The Power of God’s Word**
God’s Word is a source of life and transformation. Meditating on His promises allows you to replace lies with truth, fear with faith, and despair with hope.

* Reflect on how affirmations have impacted your mindset or emotions so far. What changes have you noticed?
* What does it mean to you to align your thoughts with God’s Word?

**6. Affirmation Journal**
Use this space to write additional affirmations based on scripture. Return to this section whenever you need encouragement or a reminder of God’s promises.

**Conclusion:**
Biblical affirmations are a powerful tool for healing, helping you focus on God’s unchanging truth and His love for you. As you declare these affirmations, remember that you are not defined by your trauma—you are a beloved child of God, equipped with His strength and guided by His promises. Continue to speak life over yourself and trust in His plan for your restoration.