

## 🌿 12 Affirmations for Healing Inherited Trauma 🌿

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⚖️ **Justice requires healing. My healing is sacred, necessary, and revolutionary.**

🕒 **Healing is not a race. I honor my unique rhythms, knowing growth takes time and tenderness.**

💧 **I am whole, even as I heal. I am enough, even as I grow.**

🧘 **My worth is not defined by my productivity, perfection, or performance.**

😭 **I am allowed to feel all my emotions. There is no shame in my pain.**

🌱 **I reject shame as a tool for growth, and choose compassion for myself and others.**

👣 **My body carries wisdom as well as wounds. I listen to it with curiosity and care.**

📢 **I choose authenticity over approval, even when it's uncomfortable. I can speak my truth with courage and still be loved.**

❤️ **I embrace vulnerability as a strength, not a weakness.**

👂 **I listen to understand, not to fix, judge, or defend.**

🙏 **Once aware of an unhealthy pattern, I lean in to the discomfort with grateful acceptance and curiosity, before I take action.**

🧬 **I release any inherited pain and fear that no longer serve me, and I bless the resilience that remains.**