

Affirmations for healing
your childhood
emotional neglect

Feelings are never right
or wrong. They just are.

for healing yourself

I am proud to be a
deeply feeling person.

for healing yourself

All human beings make
mistakes. What matters
is that I learn from mine.

for healing yourself

I deserve to be cared for.

for healing yourself

My feelings are walled
off, but they are still
there, and they are
important.

for healing yourself

Every feeling can
be managed.

for healing yourself

Asking for help is a sign
of strength.

for healing yourself

My wants and needs are
just as important as
anyone else's.

for healing yourself

My feelings are important
messages from my body.

for healing yourself

My feelings matter.

for healing yourself

I am a valid human being
with feelings and needs.

for healing yourself

I am worth getting
to know.

for healing yourself

I am a likeable and
lovable person.

for healing yourself

I am the only person
responsible for getting
my own needs met.

for healing yourself

It is not selfish, but
responsible, to put my
own needs first.

for healing yourself

I did not choose to grow up emotionally neglected.

For coping with your parents

My parents could not give me what they did not have.

For coping with your parents

My parents are not capable of seeing or knowing the real me.

For coping with your parents

I am angry at my parents for a reason. They failed me in a very important way.

For coping with your parents

I can spend time with my emotionally neglectful parents. My boundaries will protect me.

For coping with your parents

I don't have to be validated by my parents. I validate myself.

For coping with your parents

If my parents are not able to see me, I will see myself.

For coping with your parents

It's my responsibility to give myself what my parents couldn't give me. And I will.

For coping with your parents

I matter, and so does my spouse/partner

for healing your relationship

My partner cannot read my mind.

for healing your relationship

It's my responsibility to tell my partner what I want, feel and need.

for healing your relationship

My partner and I each have hundreds of feelings each and every day.

for healing your relationship

It's okay if my partner's feelings are not the same as mine.

for healing your relationship

The facts are less important than my partner's feelings.

for healing your relationship

When it comes to my marriage/relationship, sharing is key.

for healing your relationship

My partner needs me to talk more and ask more questions.

for healing your relationship

My children's feelings
drive their behaviour.
Feelings first.

For parenting your children

I can't give my children
what I do not have
myself.

For parenting your children

My child is important,
but so am I.

For parenting your children

The better I care for
myself, the better I can
care for my child.

For parenting your children

I don't need to be a
perfect parent. I just need
to pay enough attention
to their feelings.

For parenting your children

I will give my child what I
never got from my parents.

For parenting your children

The best way to do better
for my children is to do
better for myself.

For parenting your children

Adapted from 38 Daily
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by Jonice Webb, PhD
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