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10 AFFIRMATIONS
for
LOVING
YOURSELF
and others

10 Affirmations for Loving Yourself
from *Disarming Your Inner Critic*

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10 AFFIRMATIONS FOR LOVING YOURSELF

Ever found yourself unable to be assertive? To express love? To ask for help? To feel alright alone? Each of these is a clue that you have constricted your options for thinking, feeling, and behaving.

Such constriction occurs because we have bought into our *Inner Critic's* messages. That's the part of us that bombards us with shoulds and shouldn'ts and backs them with emotional pain when we don't obey. It's a painful and limiting way to live.

However, our message to you is: You can be free. In fact, the primary focus of our work in *Anthetic Psychology* is to empower people to achieve *Inner Freedom*. That is freedom from your Inner Critic. We want to offer you a taste of this freedom through 10 Anthetic Affirmations--declarations that affirm your Inner Freedom.

As you claim these rights, your energies for living will be liberated. You will find yourself blossoming into who you have the potential to be.

We suggest you post these on your refrigerator door or bathroom mirror or even your dashboard. Read them and declare them frequently. They will remind you of the rights that you have to your full humanity.

We're backing you all the way.

James Elliott & Kathryn Elliott

1. I HAVE THE RIGHT TO...

MAKE MY OWN DECISIONS, SET MY OWN PRIORITIES, ESTABLISH MY OWN LIFESTYLE, AND BE THE ULTIMATE JUDGE OF MY BEHAVIOR.

2. I HAVE THE RIGHT TO...

BE WHO I AM, WHATEVER THAT MAY BE.

3. I HAVE THE RIGHT TO...

DECIDE WHETHER OR NOT TO MEET OTHERS' EXPECTATIONS, NO MATTER WHO THEY ARE.

4. I HAVE THE RIGHT TO...

NOT HOLD MYSELF RESPONSIBLE FOR OTHER PEOPLE'S NEGATIVE FEELINGS, NO MATTER HOW MUCH THEY TRY TO PERSUADE ME THAT I SHOULD.

5. I HAVE THE RIGHT TO...

SET STANDARDS FOR ALL MY RELATIONSHIPS.

6. I HAVE THE RIGHT TO...

EXPECT THAT OTHERS WILL BEHAVE TOWARD ME
IN A WAY THAT IS CARING, CONSIDERATE, AND
RESPECTFUL.

7. I HAVE THE RIGHT TO...

EXPECT THAT OTHERS WILL TAKE MY
OPINIONS AND IDEAS SERIOUSLY.

8. I HAVE THE RIGHT TO...

EXPECT THAT OTHERS WILL CAREFULLY
CONSIDER ANY REQUESTS I MIGHT MAKE.

9. I HAVE THE RIGHT TO...

BE HUMAN.

**10. MY WORTH AS A PERSON
IS A GIVEN.**

NOTHING I COULD DO WOULD CHANGE THAT.

