

## **Affirmations**

I always have a choice.

I can always say no to people or situations that do not align with my life's highest good and purpose.

I can positively shape my personal experiences by seeking out the things that I need and by letting go of the people or ideas that no longer serve me.

I do not have to stay in a marriage for economic reasons or for children. I stay in a marriage because I wish to stay there.

I can say no and walk away from situations that cause me emotional pain or turmoil.

I do not have to do anything that I do not wish to do.

I do not have to do something because someone tells me I should do it.

If my wayward spouse is still having an affair, I do not owe my wayward spouse anything. I will not allow my wayward spouse to use me emotionally or physically because I am a valuable person who deserves respectful and faithful relationships.

I choose not to use codependent thinking or codependent reasons to stay in a relationship that no longer serves me.

I choose not to lie to myself or others by making excuses for an emotionally abusive or adulterous spouse.

If I choose to stay in a dysfunctional marriage where I am being harmed in some way, I choose not to present myself as the victim of the situation. Staying is my choice.

If I choose to stay in a harmful situation, then I still have the right to draw boundaries with a harmful spouse and stand up for my own dignity.

There is always a solution to every situation and I am never stuck. However there may be times when none of the available solutions are ones that I consider viable.

I choose to hold my wayward spouse accountable to his or her actions and choices.

I will not make excuses for my wayward spouse's behavior, although I will continue to seek insight into why they have made the choices that they have made.

I refuse to listen to any reasoning that would cause me to shoulder the blame for my spouse's affair. (For example, my age, my bodyweight, my physical appearance, my hobbies, my availability or not, and anything else along these lines cannot be used against me as a reason for my spouse's affair.)

I choose not to enable my spouse's current affair.

I choose to let go of self blame, I choose to let go of low self-esteem, and I choose to assert my individual rights in my marriage.

I choose to take steps to protect myself financially, emotionally, and physically.

I choose to take a walk, do mild exercise, or commune in nature each day.

I choose to take downtime for myself and engage in self-care activities.

I choose to outlive negative labels that have been created by myself or others.

I realize that I am inherently worthy of being cherished, being loved, experiencing loyalty, and experiencing emotional safety in my marriage and in other close relationships.

I acknowledge that sometimes I can make mistakes and make choices based on the wrong reasons. Sometimes I may make fear-based or anxiety-based

choices, but I realize that I can always turn away from a bad choice and get on a path that serves my needs in positive ways.

I will be aware of the times when my wayward spouse or other family members are trying to draw me into a needless fight. I choose to quietly walk away from these situations.

I will not engage my spouse with demeaning words, yelling, or game playing. I will find other ways to make myself heard that are not based on negative or low-energy dynamics.

I will be aware of gaslighting and I will call it out and then walk away. I will no longer be fooled by a gaslighting spouse.

I will behave in ways that quietly command respect and refuse to engage in situations that harm me.

I will develop a space where I can go for solitary quiet time when things are going poorly.

I refuse to allow others to dishonor me with their words or their actions.

I choose to honor myself by setting boundaries around situations where my spouse or others dishonor me by their actions.

I am worthy of love, understanding, patience, fidelity, and respect.