

Affirmations for Adult Children of Alcoholics + Dysfunctional Families

24 daily affirmations to help
with your journey to
emotional sobriety

Now Available

With help from my Higher Power,
I can let go.



*I will nurture and
care for my inner child.*

I will have fun with my inner teenager.

It is okay to play and experience
joy in my life without guilt.



*It's okay to
make mistakes.*

I do not strive for perfection.

Perfection is not the key to happiness.

Perfection hinders my progress.

My goal is to grow.

Affirmations For Adult Children

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