



AUTHENTIC ARMOUR  
philosophy + lifestyle

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AFFIRMATIONS:  
RELATIONSHIPS

# WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.



- I am open to giving and receiving love in all of my relationships.
- I cultivate deep, meaningful connections with others.
- I communicate with honesty, compassion, and empathy in my relationships.
- I attract positive, supportive people into my life.
- I am surrounded by love, understanding, and kindness.
- I am worthy of healthy, fulfilling relationships.
- I forgive myself and others, releasing any resentment or bitterness that may hinder my connections.
- I am a good listener and offer genuine support to those I care about.
- I embrace vulnerability and allow others to see the real me.
- I attract relationships that uplift and inspire me to be the best version of myself.
- I honour the unique perspectives and experiences of those around me.
- I nurture and prioritize my relationships, investing time and energy into building strong bonds.
- I let go of toxic relationships and surround myself with people who uplift and support me.
- I create space for healthy communication and meaningful connection in all of my relationships.
- I am grateful for the love and connection I share with others, and I cherish these bonds deeply.

