

# Healing Narratives Prompts

1. I am accepted
2. I am not a burden
3. My body deserves love and rest
4. I am enough
5. I embrace my unique characteristics and abilities
6. I am worth kindness and compassion
7. I choose to collaborate not compete with others
8. I am proud of myself
9. I am not afraid of other people's judgments
10. I seek balance, not perfection in life
11. I believe in myself