

Daily Affirmations Can Help You Rebuild Your Identity After An Abusive Relationship

The narcissistic behavior patterns that plague many different types of abusive relationships are designed to give the abuser as much power and control over you as possible, even after you've escaped the abuse cycle.

One of the ways abusers are able to achieve this is by hijacking your identity. Through abusive behaviors like projection, scapegoating and gaslighting abusers are able to corrupt your core values, cause you to question your sanity and force you to become dependent on them to conceptualize your own perception of reality and your own identity.

Those three behaviors make healing from an abusive relationship very difficult. However, you can make it a lot easier on yourself by practicing daily affirmations.

What are affirmations?

Affirmations are positive statements that can help you to overcome self-sabotaging negative thoughts. They can be incredibly helpful for those who've experienced abusive relationships to find themselves again.



Here are some generic affirmations that you can use. We encourage you to also find your own because it will help you acknowledge that the limitations your abuser placed on you are only as real as you let them be.

Take the first few steps towards rediscovering your identity by reassuring yourself of your greatness on a daily basis!

I believe in, trust and have confidence in myself.

I love myself for who I am.

I aspire to live a life that has meaning to me.

I am in charge of my own happiness.

I have made mistakes but I will not let them define me.

I am doing my best every single day.

I am the only one who can define who I am.

I am healing and strengthening every single day.

I am getting better and better every day.

I am strong.

I am in control of my life.

I belong in this world; there are people who care about me and my worth.