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and develop mental strength. Positive self-affirmations have been scientifically proven to reduce the stress of external threats and improve performance.¹⁰ Positive Affirmations for Recovery | SOBERLINK35 Essential Daily Affirmations For Recovery Daily affirmations are positive phrases that a person repeats to him or herself through meditation or prayer, each day, that compliments the thought process. Daily affirmations are beneficial because they promote a positive mindset and focus on intentions for a fruitful and healthy life. Daily Affirmations For Recovery: 35 Essential Statements ... "Strengthening my Recovery" is certainly a Daily Affirmation and Meditation reserve compiled by and for the Adult Kids of Alcoholics / Dysfunctional Family members (ACA and ACoA) Fellowship. Daily Affirmations Strengthening My Recovery Meditations ... Adult Children of Alcoholics Anonymous for children of alcoholics and dysfunctional families. Online meetings for growing up in an alcoholic family. Adult Children Anonymous Find helpful

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can boost confidence, calm nerves, and develop mental strength. Positive self-affirmations have been scientifically proven to reduce the stress of external threats and improve performance.

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Recovery Meditations ...

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Strengthening My

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On this day I will choose

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Tips for Addiction

Recovery. Using

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Affirmations are a great tool in recovery and can give you a a lot of strength and help you deal with obsessive thoughts about food, calories, weight and yourself.

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Here are some tips on how to use your daily affirmations to strengthen your recovery: Use personal affirmations in the first person. You should experience your own goals and sense of responsibility when saying them.