



# Aileen M. Smith

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**THERAPIST**

## Affirmations

1. I have the **STRENGTH** to face and conquer alcohol.

**I AM STRONG!**

2. I am **fighting** to get my life back.

**I HAVE COURAGE!**

3. **I REFUSE TO LIVE A LIE. ALCOHOL IS A LIE.**

**I LIVE ONLY TRUTH!**

4. **I REFUSE** to be dragged down by alcohol ever again. I retain my own power.

**I WILL NOT BE ABUSED OR MANIPULATED!**

5. I am who I am through the **CHOICES I MAKE.**

**I CHOOSE TO BE SOBER!**

6. **I TREASURE MY INDIVIDUALITY.** It is the ESSENCE of LIFE to me.

7. **I HAVE TOTAL CONTROL OF MY LIFE AND**

**I WILL MOVE FORWARD AS A SOBER PERSON!**

**I LOVE AND RESPECT MYSELF UNCONDITIONALLY!**

**I AM SAFE CALM AND IN CONTROL OF MY LIFE.**

**I CAN DO THIS!**