

## **7 Affirmations that would help create better relationships :**

- **I attract Loving, equal, valuable and expansive partnerships in my life.**
- **I release the need to be needed.**
- **I release the past hurts and only carry the lessons, each lesson brings me more supportive relationships.**
- **I am Loved.**
- **It is safe to love and to be loved.**
- **I honor and respect myself and everyone honors and respects me in return .**
- **I have clear boundaries, I say "No" when I mean No, with total ease.**

