



SELF-HARMERS ANONYMOUS – NORTHCLIFF

Changes Treatment Centre

216 Weltevreden Road, Northcliff, Randburg, 2195

011 478 0601

12 AFFIRMATIONS

I forgive myself for not being perfect.

I have control over my choices.

I deserve to ask for help.

I have the right to feel safe.

Self-harm has scarred me but does not define me.

I CAN survive my feelings.

I am stronger than I think.

I will see my potential and worth through others' eyes.

I do not have to carry this burden alone.

I believe in my ability to recover.

My body is my own and I will treat it with love.

My reality is mine to define.