

[PDF] Affirmations For The Inner Child

Rokelle Lerner - pdf download free book



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Description:

About the Author Rokelle Lerner is one of the most sought after speakers and trainers on relationships, women's issues and addicted family systems. She has inspired audiences throughout the world with her expertise and her ability to address difficult topics with insight, humor, and astounding clarity.

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New Year's Day

This year I will create positive memories.

Today is the dawn of a new year. It is the day when many people reflect on the past and how they will change in the coming year. For many, it is a day of hope and new beginnings. For me, it has often been a day of terror as I face all the days that stretch out before me. Will I fail? Will I fall back into old destructive patterns of behavior?

This day reminds me of the alcoholism I would rather forget. Memories of childhood disappointments, arguments and violence mar the festivities of this day.

This day I will look back only to rejoice in what I have accomplished in the year past. I will concentrate only on today. I will make the best decisions I can for this day alone, not trying to tackle my whole future. This year I will create positive memories to replace the old.

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