

I love and accept myself exactly as I am.

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I will take captive any negative thoughts. I will only allow myself to dwell on the positives.

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I am a strong woman and face difficulties with courage and tenacity.

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I am responsible for myself and my own actions.

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I am loved.

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I look at my husband and our children with kind and generous eyes.

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I will take care of my emotional, physical and spiritual needs.

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I am a loving and respectful wife to my husband.

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I accept myself fully.

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I am intelligent.

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I am beautiful.

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I will take delight in my accomplishments
however big or small.

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I am grateful for all my blessings and will focus
on the good in my life.

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I will live my life fully with strength and joy each
and every day.

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I will forgive myself when I make a mistake.

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Anger is a secondary emotion. I am upset
because an expectation and/or need of mine
wasn't met.

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I am worthy of love and affection.

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I love myself.

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It is enough to have done my best.

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I choose happiness no matter what my
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| will love each member of my family.

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| have the power to change myself.

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| am not invisible.

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| have a peaceful spirit.

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| am content.

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| am kind.

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| am worry free.

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| am passionate.

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| am filled with hope.

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| am gracious to all who enter my home.

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I am patient.

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I trust my husband to parent his child(ren).

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My stepchildren's mother is not emotionally stable enough to have a healthy relationship with me.

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My stepchild is not emotionally stable enough to have a healthy relationship with me.

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"For every minute you are angry you lose sixty seconds of happiness"
- Ralph Waldo Emerson

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"Speak when you are angry and you'll make the best speech you'll ever regret."
- Dr. Laurence J. Peter

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"Who you are and what's in your heart are revealed in the words you speak."
- Jennifer Rothschild

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"Who I am and what I struggle with are not the same thing." - Jennifer Rothschild

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"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."
- Buddha

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"When anger rises, think of the consequences" - Confucius

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“Anyone who angers you conquers you”
- Anonymous

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“Anger always comes from frustrated expectations” - Elliott Larson

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“Whatever is begun in anger ends in shame”
- Benjamin Franklin

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“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”
- Mary Anne Radmacher

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“Anger is only one letter short of danger”
- Anonymous

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The things which are impossible with men are possible with God. Luke 18:27

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But let patience have its perfect work, that you may be perfect and complete, lacking nothing. James 1:4

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.....be strong in the grace that is in Christ Jesus. 2 Timothy 2:1

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Set your mind on things above, not on things on the earth. Colossians 3:2

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Whatever you do, do it heartily, as to the Lord and not to men,... Colossians 3:23

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Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9

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Those who have served well gain an excellent standing and great assurance in their faith in Christ Jesus. 1 Timothy 3:13

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In the world you will have tribulation; but be of good cheer, I have overcome the world. John 16:33

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If we live in the Spirit, let us also walk in the Spirit. Galatians 5:25

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Yet in all these things, we are more than conquerors through Him who loved us. Romans 8:37

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Love each other with genuine affection, and take delight in honoring each other. Romans 12:10

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For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

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Do not rejoice over me, my enemy; when I fall, I will arise; when I sit in darkness, the Lord will be a light to me. Micah 7:8

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I can do all things through Christ who strengthens me. Philippians 4:13

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(You) have overcome them, because He who is in you is greater than he that is in the world. 1 John 4:4

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The ways of right-living people glow with light;
the longer they live, the brighter they shine.
Proverbs 4:18

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Rejoice in the Lord always. Again I say,
rejoice! Philippians 4:4

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The Lord is my strength and my shield; my
heart trusts in him, and I am helped. Psalm 28:7

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Your eye is a lamp for your body. A pure eye
lets sunshine into your soul. Matthew 6:22

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With God's help we will do mighty things.
Psalm 60:12

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Live in harmony with one another; be
sympathetic, be compassionate and humble.
1 Peter 3:8

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Do not worry about anything, but pray and
ask God for everything you need, always
giving thanks. Philippians 4:6

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I have learned to be satisfied with the things I
have and with everything that happens.
Philippians 4:11

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He alone is my rock and my salvation; He is my
fortress, I will never be shaken. Psalm 62:2

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Let us not become weary in doing good, for at
the proper time we will reap a harvest if we do
not give up. Galatians 6:9

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It takes wisdom to have a good family, and it takes understanding to make it strong.
Proverbs 24:3

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Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.
Psalm 19:14

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For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him. 2 Chronicles 16:9

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This is the confidence we have in approaching God; that if we ask anything according to his will, he hears us. 1 John 5:14

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...If God is for us, who can be against us?
Romans 8:31

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I will keep the Lord at the center of my life. He will never leave nor forsake me.

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