

Positive Affirmations For Chronic Pain

1. My pain is just my body trying to tell me something
2. I have overcome many obstacles in life and this is no different.
3. My body is healthy and strong.
4. My body knows how to heal this all on its own.
5. My body is here to support me and knows just how to do that.
6. Pain in my body is just trapped anger. I can release that anger at any time and the pain will stop.
7. I am grateful for the amazing body I have that does thousands of things without the help of me.
8. I choose to be happy and healthy.
9. I am listening to what my body is trying to tell me.
10. I choose to focus on peace and happiness every day.
11. I surrender and allow the universe to take over my healing.
12. I allow my mind to be calm.
13. I allow myself to relax and let my body heal.
14. I focus only on the present moment. The past is just a memory and the future doesn't exist yet.
15. I allow my pain to decrease and I begin to feel better and better.
16. I release all stress in this moment and allow it to leave my body.
17. My body has healed itself so many times before and has the same ability now.
18. I appreciate and love my body.
19. My body is healing, restoring and filling with energy.
20. The more I care for my body, the more it cares for me.
21. Each day is new and brings new opportunities for healing.
22. I deserve to be well, healthy and free from pain.
23. I release all negative feelings about people, incidents and everything else.
24. I forgive myself for my mistakes.
25. I am worthy of good health.
26. I fully accept where I am and am willing to seize the opportunity to grow.
27. The Universe supports me and loves me through this process. I am never alone.
28. Positive thoughts about my health will lead to positive health.
29. The parts of my body that are hurting right now just need more love from me.
30. My cells are renewing every day and creating better health.
31. My body deserves to be treated like an innocent child, loved unconditionally and treated with compassion.
32. I choose thoughts that create a healthy atmosphere for me.
33. I am open to new ways to improve my health.
34. I listen to what my body is saying and treat it with love.
35. I am grateful to be alive in this body.
36. I am surrounded by healing energy.
37. I am open and receptive to all the healing energy of the Universe.
38. Each cell in my body knows how to heal itself.
39. Each day I do something to support wellness in my life.
40. My body is always working toward perfect health.
41. I accept good health and healing in this moment.
42. I now choose to release all anger, fear, frustration, guilt, and emotional pain that has been building up inside me.
43. I invite positive energy into my life and body.
44. I accept the healing energy the Universe pours into me every single day.
45. I already have everything it takes to heal completely.
46. I love every cell of my body.
47. I attract good health like a magnet.
48. I am grateful for the lessons my pain has taught me and now I can release it.
49. I am worthy of perfect health.
50. I welcome perfect health right now.