

Affirmations for when a relationship ends

Stand in front of a mirror and look yourself straight in the eyes. Say your affirmation out loud 3-5 times. Take your time and really concentrate on the words. When you are done take some deep breath. Repeat as often as you can.

This is the end of a marriage. It is not the end of love being in my life.

I choose to accept the gift of being released from a relationship that was no longer serving me.

I am thankful for the lessons I have learned from my past relationship.

I am open to change and embrace the new opportunities that I now have.

I choose happiness, health and harmony.

