

Affirmations for Dismantling Self-Hate

- I refuse all self-hate.
- I choose to love myself as God wants me to love myself.
- It is not wrong to love myself as God wants me to.
- I do not need to punish myself.
- What was forced on me was not my fault.
- I refuse all false guilt.
- It is all right to be healed inside.
- I choose to take care of myself.
- I do not deserve pain.
- I am not an evil person.
- I will be nice to myself today.
- I deserve to be treated gently.
- It is all right to make a mistake.
- I am not a _____ (whatever you call yourself inside).
- It is all right for me to be happy.
- My body is not evil.
- I am precious in God's sight.
- I am not a mistake.
- God enjoys me.
- I put off the enemy's opinion of me and I put on God's opinion of me.

“Satan had convinced me that I was a hypocritical wretch. The lies and accusations were so subtle, mingled with enough truth that I felt trapped, powerless and afraid to believe anything else. Praise the Lord that I am finally free. I am a new person. I have learned that most of what I had believed were lies. I no longer have thoughts of killing myself. I am able to communicate and forgive. I have a new love for the Word of God and I feel confident as I approach the throne of grace.”

Rev. Jeffrey Pokone, has been a Biblical counselor and Center Director with the Indiana Biblical Counseling Center since 1998. He counsels in the following areas; marriage, trauma and abuse, sexual addictions, spiritual conflicts, and relationships. Jeff has been married for over 30 years to his wife Suzette and has five adult children.