

These are the Affirmations for a With Hope in Mind support group for family members, friends, and supporters of individuals with mental illness. Support groups for individuals with mental illness or combined groups (persons with illness & family members, friends and supporters) will have Affirmations inclusive of everyone in those groups.

## **Family Support Groups**

### **AFFIRMATIONS, *With Hope In Mind***

- 1. We acknowledge and accept the fact that someone we care about has a mental illness.**
- 2. We accept that we have no control over this illness or the individual with the illness. We only have control over our own actions and thoughts.**
- 3. We let go of all feelings of guilt concerning this mental illness, for we are not to blame for the illness or its effects.**
- 4. We understand and recognize that mental illness has had an impact in all aspects of our lives.**
- 5. We forgive ourselves for mistakes we have made, and we free others for wrongs we feel have been intended toward us.**
- 6. We choose to be positive and healthy. We choose to return to a healthy focus on our own lives.**
- 7. We keep our expectations for ourselves and for persons with mental illness at realistic levels.**
- 8. We believe that we have personal inner strength which will support and sustain us through crisis.**
- 9. We appreciate the strength and validity of our support system and we will strive to sustain it for the benefit of all.**
- 10. We acknowledge that there is a Higher Power to whom we will turn for support and encouragement as we learn to release feelings toward situations over which we have no control.**