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.

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