

Bonus #3 Exercises & Affirmations for Healing Beyond Bruises: Breathe, Believe, Begin

Simple Practices for Strength and Calm

Self-Affirmation Phrases

Repeat aloud, whisper to yourself, or write in a journal.

- I am **not** alone in this.
- My story matters — and I choose to keep moving forward.
- I am allowed to feel, and I am learning how to heal.
- I trust myself to take the next small step.
- I deserve safety, respect, and peace.
- I don't have to have all the answers right now,
- Try This: Start one morning each week with a genuine moment of recognition.

Breathing for Grounding

“**Box Breathing**” — 4 x 4 x 4 x 4 Technique

1. Inhale slowly through your nose to a count of 4
2. Hold your breath for 4
3. Exhale slowly through your mouth to a count of 4
4. Pause for 4 before breathing in again

Repeat for 3–4 cycles. Use it before meetings, conversations, or anytime you need to feel more centered.