THE INNER CIRCLE AFFIRMATIONS

****To Decode + Recode Your Subconscious Mind:**

Transforming Toxic Love Patterns into Nourishing, Aligned Relationships**

February 1, 2026 – Nourishing Relationships Month
Complete these daily, morning or night, until February 28.

INTRODUCTION

Healthy love is not something you chase — it is something you become available for.

When you speak these affirmations, you are reprogramming the parts of you that learned to bond through inconsistency, over-giving, or emotional uncertainty. Attracting the "wrong" people was never a flaw or a lack of worth — it was a reflection of patterns formed when safety, validation, or love felt conditional.

Your relationship blueprint lives within you.
It is the internal template that determines who you feel drawn to, what you tolerate, and how safe love feels in your body. When this blueprint is unhealed, love feels chaotic, confusing, or draining. When it is healed, love feels calm, mutual, steady, and nourishing.

Healthy relationships are not intense or dramatic — they are regulated, respectful, and reciprocal. When your inner world heals, your outer relationships reorganize to match.

What you are going to do this month is decode and recode your subconscious mind.

To decode means to release trauma-bonding, people-pleasing, and attraction to emotional unavailability. To recode means to activate safety, worth, boundaries, and alignment in love.

Each repetition trains your subconscious to do three things:

- Choose safety over chemistry rooted in chaos, because calm love is aligned love
- Recognize reciprocity instead of chasing potential, as shown by mutual effort and consistency
- Allow love to meet you without self-abandonment, because your worth no longer needs to be proven

By the end of this month, you won't just think differently about relationships — you will **feel differently inside them**.

Your nervous system will feel safer.
Your boundaries will feel natural.
Your relationships will feel aligned.

SECTION ONE

DEATH (Releasing Toxic Love Patterns)

As we begin, remember three simple truths:

1. **Attraction is learned — not destiny.**
   Who you are drawn to is shaped by early emotional experiences, survival strategies, and nervous system conditioning. Attraction does not mean alignment. **Example:** You feel instant chemistry with someone emotionally unavailable, mistaking intensity for connection. In reality, your nervous system is responding to familiarity, not safety. Recognizing this is the first step toward change.

2. **Over-giving is not love — it is self-protection.**
   Many women learned that love must be earned by fixing, waiting, or proving worth. This pattern keeps relationships unequal and draining. **Example:** You give more time, energy, and understanding than you receive, hoping that one day it will be returned. Instead, you feel unseen and exhausted. This pattern is ready to be released.

3. **Chaos bonds feel exciting because they activate survival.**
   Unpredictable love creates emotional highs and lows that feel intense but unsafe. This is not passion — it is nervous system dysregulation. **Example:** You feel anxious waiting for a message, replay conversations, or question where you stand. Peaceful love once felt boring only because your body was used to chaos.

As you speak these affirmations, you are unwiring toxic attachment, emotional confusion, and self-abandonment. You are decoding outdated relationship patterns and recoding safety, clarity, and worth — releasing the woman who chased love so the woman who **receives** love can rise.

AFFIRMATIONS (DEATH — Letting Go of Toxic Love)

- **"I now understand chasing love was a survival pattern, not my truth. I decode attachment and recode self-worth."**
- **"I release attraction to emotionally unavailable people. I decode inconsistency and recode safety."**
- **"I let go of the belief that love requires over-giving. I decode self-abandonment and recode boundaries."**
- **"I release bonds rooted in fear, trauma, or loneliness. I decode confusion and recode clarity."**
- **"I now understand past relationship pain was information, not a life sentence. I decode heartbreak and recode wisdom."**

SECTION TWO

REBIRTH (Restoring the Love Blueprint)

As we rise, remember three simple truths:

1. **Safe love feels calm in the body.**
   Healthy love does not create anxiety, confusion, or emotional highs and lows. It creates steadiness, presence, and trust. **Example:** You no longer feel the need to analyze texts or question where you stand. Communication feels clear and consistent, allowing your body to relax.

2. **Boundaries create intimacy, not distance.**
   When you honour your limits, aligned people feel closer — and misaligned people fall away naturally. **Example:** You express your needs clearly and notice how the right connections respect them without resistance or punishment.

3. **Reciprocity is the foundation of aligned relationships.**
   Healthy relationships are built on mutual effort, emotional availability, and shared responsibility. **Example:** You no longer carry the relationship alone. Love feels like a shared experience, not a performance.

As you speak these affirmations, you are activating safety, discernment, and emotional regulation. You are decoding the belief that love must be earned and recoding your subconscious for mutual, nourishing connection.

AFFIRMATIONS (REBIRTH — Activating Healthy Love)

- **"I now understand love meets me when I feel safe within myself. I decode hyper-vigilance and recode trust."**
- **"I trust myself to recognize aligned love. I decode chemistry-based attachment and recode discernment."**
- **"I choose reciprocity over potential. I decode waiting and recode mutual effort."**
- **"I now understand calm love is secure love. I decode chaos and recode emotional safety."**
- **"I allow myself to receive love without earning it. I rewire my subconscious for healthy, nourishing relationships."**

SECTION THREE

ASCENSION (Embodied Divine Love)

As you ascend, remember three simple truths:

1. **You are the standard now.**
   Your self-worth sets the tone for every relationship you allow. You no longer negotiate your needs or shrink to be chosen. **Example:** You walk away from misalignment early, without guilt or explanation, because you trust yourself.

2. **Your nervous system recognizes aligned love.**
   Peace, clarity, and presence are now familiar. Love feels steady, not consuming.
   Example: You feel grounded in relationships, able to be yourself without fear of abandonment or rejection.

3. **Divine love meets you when you are aligned with yourself.**
   You no longer chase love — you attract it through embodiment.
   Example: Relationships mirror your self-respect, boundaries, and emotional availability.

As you speak these affirmations, you are embodying the woman who magnetizes aligned, divine love. You are decoding the final traces of toxic attachment and recoding your subconscious for devotion, respect, and secure connection.



AFFIRMATIONS (ASCENSION — Embodied Nourishing Relationships)

- **"I now understand I am worthy of consistent, respectful love. I decode doubt and embody self-worth."**
- **"I walk as the woman who is chosen and cherished. I decode chasing and recode attraction."**
- **"I honour my boundaries with clarity and confidence. I decode guilt and recode self-respect."**
- **"I allow love to meet me with presence, devotion, and care. I decode fear and activate divine union."**
- **"I now understand my relationships reflect my alignment. I decode old patterns and anchor healthy love."**

It is done.

With love,
Steph 🖤