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DeThrone That Voice:
the Inner Critic

Affirmations

@Coach Tamara Darice

behindyourveil.com



Welcome to a quest to challenge and overcome the inner critic that often holds us back.

Affirmations are more than just feel-good quotes. They are powerful tools that can help us ‘break free’ from the constraints of our inner critic. By repeating these positive, empowering affirmations, we reinforce the belief in ourselves and our potential, gradually silencing the voice of self-doubt. Ultimately, we stand up to the inner critic and the forces that empower it.

“I AFFIRM”!

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01

This affirmation encourages you to let go of uncertainties and embrace the power within you.

*"I release self-doubt
and embrace my inner
strength because
Greater is He that's
in me."*

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02

*"I am worthy of
love and
acceptance, just
as I am."*

This is a reminder that your worth is innate and independent of external factors. You are deserving of love and acceptance in your entirety, with all your strengths and flaws.



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03

"I have the keys of the Kingdom of Heaven; therefore, I am capable of overcoming any negative voice or challenge that comes my way; ."

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This affirmation reinforces the belief in your ability to navigate through life's obstacles. All things are possible with God!



04

*"I choose self-compassion over self-criticism.
I Love me."*

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Remember to be kind to yourself, to treat yourself with the same compassion you would extend to others. There is no condemnation for those that are in Christ Jesus! Give yourself Grace, He has.....



05

This affirmation instills confidence in your resilience and adaptability.

"My roots go deep into His soil and I'm planted; therefore, I trust in my ability to navigate life's ups and downs with grace."

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06

This statement reinforces the belief in your ability to recover from setbacks and emerge stronger.

"He makes my feet like
hinds feet and sets me
upon my high places;
I am resilient, and I
bounce back Stronger
from adversity."

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This is a reminder to view your
flaws not as shortcomings, but as
chances for self-improvement.

07

*"I celebrate my
imperfections
as opportunities
for growth
while confusing
my enemies."*

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08

*I take Authority
over my mind!*

I pull down strongholds!

SHUT UP!

*I listen to and obey
the voice of Truth."*

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This statement promotes the
practice of focusing on positive
self-talk over self-criticism.



09

"I am enough,
exactly as I am,
in this moment..
I mean, I am
created in
God's image,
and it is Good."

Penultimate affirmation; this is a
powerful reminder of your
inherent worth.

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10

This statement encourages you
to acknowledge your value and
live authentically.

*"I will not deny God's Power!
I have rivers of living water
flowing out of me; I radiate
His Glory from the inside out.
I embrace my true worth and
live with confidence and
authenticity. Goodness and
Mercy is following me!"*

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Thank you for exploring affirmations developed from "Dethrone That Voice: The Inner Critic." The power to transform your mindset lies within you. Declare these affirmations two time a day, believe in them, and you'll gradually see the change in your perspective. Overcome that inner critic, embrace your true worth, and live with confidence and authenticity.

In Him, you have the power!

To dive deeper into your journey of self-discovery and transformation, visit our website for the "Dethrone That Voice" eBook, workbook, and workshops. Empower yourself to silence your inner critic and embrace your true potential. Join us on this transformative path today!

For more information, visit us at:
behindyourveil.com

Coach TamaraDarice | VEIL

Dedicated to empowering life rebuilders, the formerly incarcerated, and survivors of narcissistic abuse to heal and live authentically beyond the veil. Through transformational coaching and kingdom authority, she helps individuals embrace their dreams and live the life they deserve.

