

Gentle Reminders *for the Journey* Back to Yourself



www.unenmesh.com

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Un-Enmesh: Gentle Reminders for the Journey Back to Yourself

A gift for the version of you that's ready to come home.

Somewhere along the way, you learned how to be everything for everyone—
but you forgot how just to be *you*.

Maybe you were praised for being the “easy one.”
The caretaker, the one who always held it together.

Maybe you picked up the message that your worth came from
how quickly you could anticipate someone else's needs.

That's enmeshment.
And while it may have helped you survive...
It's not how you're meant to *live*.

Healing doesn't always look loud or dramatic.
Sometimes, it begins with a pause.
A deep breath.
A quiet moment of truth.

Even just wondering what *you* want—without guilt—
It is a brave beginning.

That's what this is.
A small, steady return to yourself.

These affirmations are here to walk with you.

They're not fluffy mantras or forced positivity.
They're grounding truths—anchors for the moments
you feel yourself slipping back into old patterns.

Read them when you wake up.
Stick them on your mirror.
Return to them when you're unraveling.

Let them become part of your inner voice—
the one that says: *You matter. You're allowed. You belong to yourself.*

Choosing yourself might feel unfamiliar.
But it's not wrong.
It's how you start living unenmeshed.

Affirmations for Reclaiming Your Voice & Confidence

I am allowed to be my own person—
even if it makes others uncomfortable.

It is not my job to manage other people's emotions.

I can love someone and still choose to walk away from what hurts.
My love for myself doesn't require that I abandon myself.

My needs are not a burden.
They are valid and worth honoring.

I am proud of how far I've come, even if I'm rewriting my story.
My past doesn't determine who I become or what I accomplish.

I don't have to earn rest, love, or belonging.

I can say no without guilt.
Setting boundaries is an act of self-love and self-respect.

I am learning to love myself,
even when I don't feel lovable.

I do not need to explain or defend my boundaries and opinions.

My voice matters, even when it's ignored.
My worth isn't measured by who listens to or validates me.

I am allowed to take up space,
change my mind, and grow into someone new.

It is safe to want something different.
It is safe to grow.

Mistakes don't define me.
They teach me and help me become who I'm meant to be.

I am not here to be who others need me to be.
I am here to be authentically and unequivocally me.

It is safe to trust myself.
My intuition is my guide—it knows what's best for me.

Self-love is not selfish.
It reminds me that I am enough—and always have been.

One last thing—

You're not too much.

You're not selfish.

You're not broken.

You're remembering yourself. You're remembering who you were before the world told you to shrink.

You're growing, learning and worthy of unconditional love just as you are.

And that's something worth celebrating.