

Attract Love

Classic Subliminal · Affirmation Companion

Self-worth, openness and healthy relationship standards.

How to use this list

Read this list slowly once a day — morning or evening — while your subliminal audio plays in the background on loop. Say the lines that resonate out loud, in first person, at a relaxed pace.

Consistency matters far more than intensity: a few focused minutes daily is enough. Never listen while driving or doing anything that requires your full attention.

Your affirmations

- 01 I am worthy of loving, respectful partnership.
 - 02 I am open to healthy love.
 - 03 I communicate my needs clearly and kindly.
 - 04 I hold standards that protect my peace.
 - 05 I enjoy my own company.
 - 06 I release relationships that do not serve me.
 - 07 I am safe being seen as I truly am.
 - 08 I give love without losing myself.
 - 09 I attract people who value what I value.
 - 10 I trust my judgment about people.
 - 11 I let go of past disappointments.
 - 12 I am emotionally available and grounded.
 - 13 I am patient with the timing of my life.
 - 14 I am confident in social settings.
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| 15 | I deserve consistency and honesty. |
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| 16 | I am not settling for less than mutual effort. |
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| 17 | I bring warmth into my relationships. |
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| 18 | I am comfortable receiving affection. |
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| 19 | I love myself first, fully. |
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| 20 | I am ready for a healthy, joyful connection. |
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Important

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