

The AuDHD Body
Affirmation Cards

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**I am
wonderfully
and beautifully
made**

God loves me

**I am made in
the image and
likeness of
Christ**

**I can care for
my body**

**I can care for
my nervous
system**

I love my body

I love my mind

**I am highly
sensitive and
that is beautiful**

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**It's okay to feel
things deeply**

**When I am
tired, I rest**

**My brain is not
broken**

**I am uniquely
wired**

**I do not have to
perform
“normally”**

**My
productivity
does not define
my worth as a
person**

**I deserve
respect, love,
and rest**

**My passion,
depth, and
unique
perspective are
valuable parts
of who I am**

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**I honor both
my need for
order and my
need for
spontaneity**

**It is safe for me
to drop the
mask and be
my genuine self**

**Struggling to
start a task
does not make
me lazy**

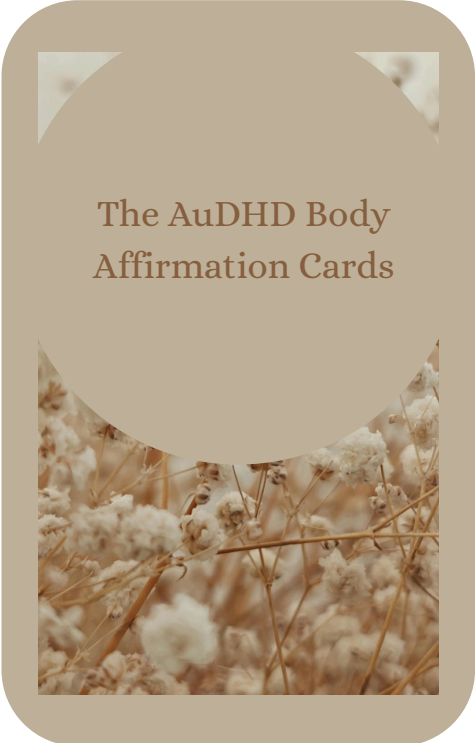
**Executive
dysfunction is
real, and I am
doing the best I
can**

**Taking a break
before reaching
total
exhaustion is
an act of self-
care, not
wasted time**

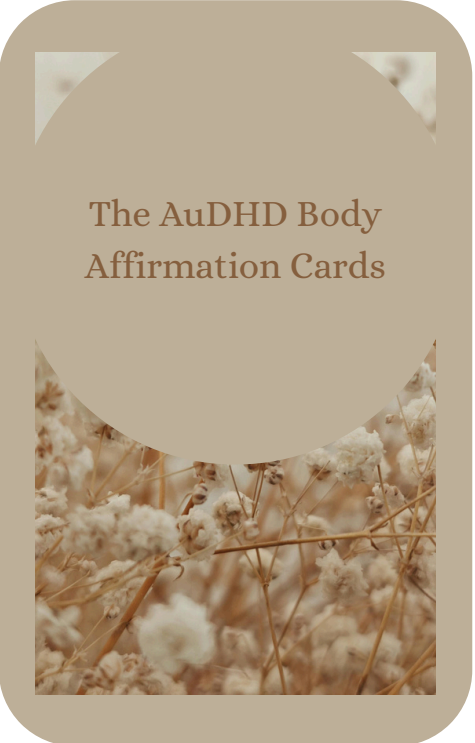
**Small steps still
count as
progress, even
if they look
different from
how others do
things**

**I give myself
permission to
rest without
guilt**

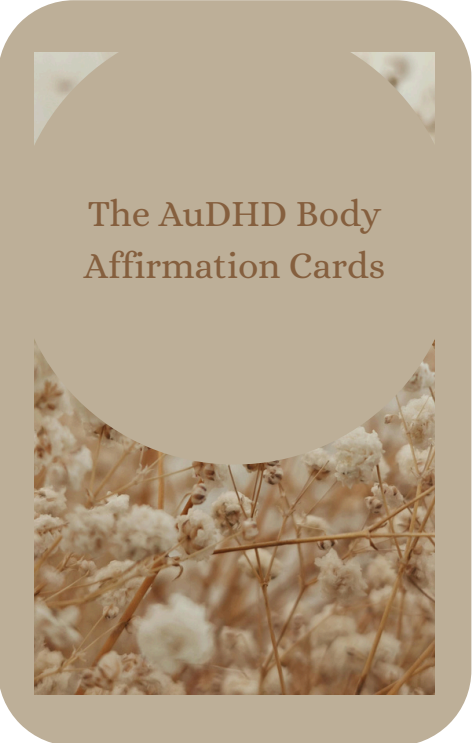
**My sensory
needs are valid,
and protecting
my peace is a
priority**



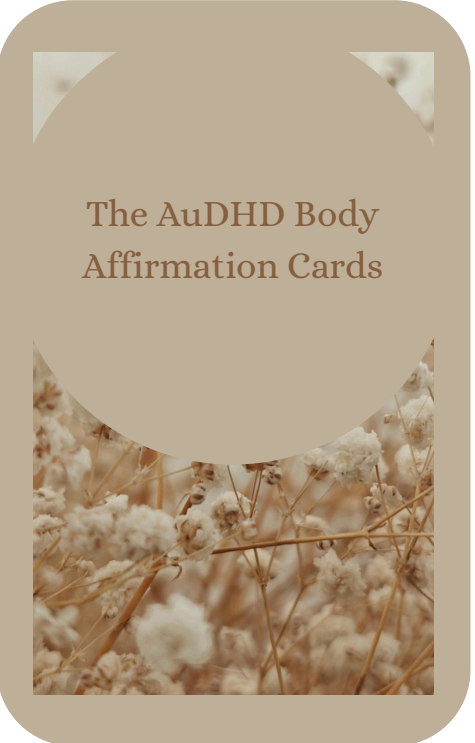
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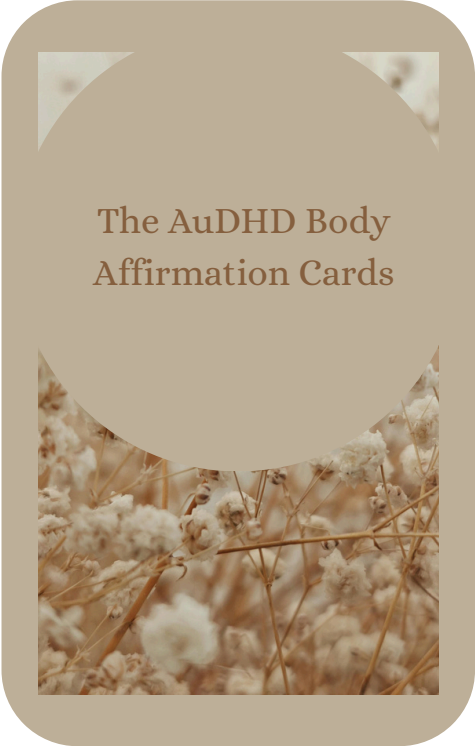
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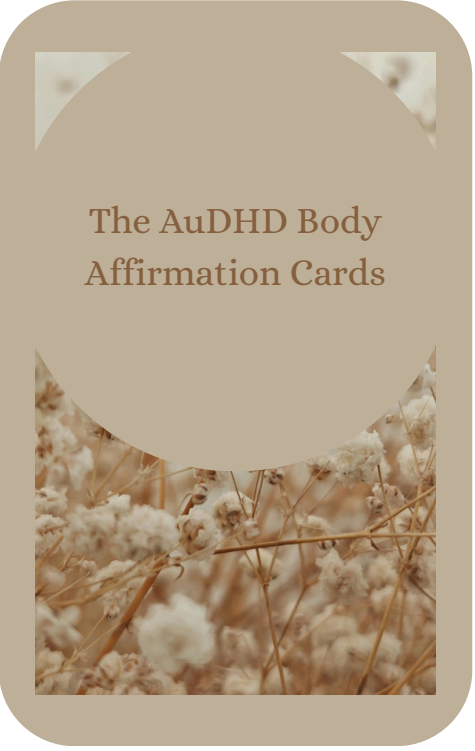
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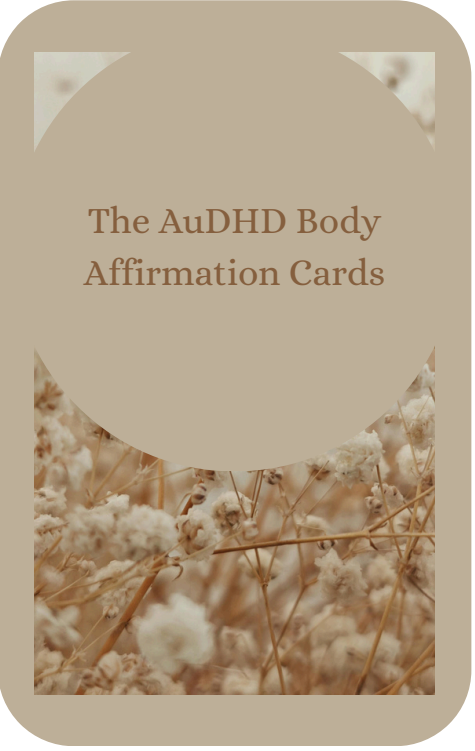
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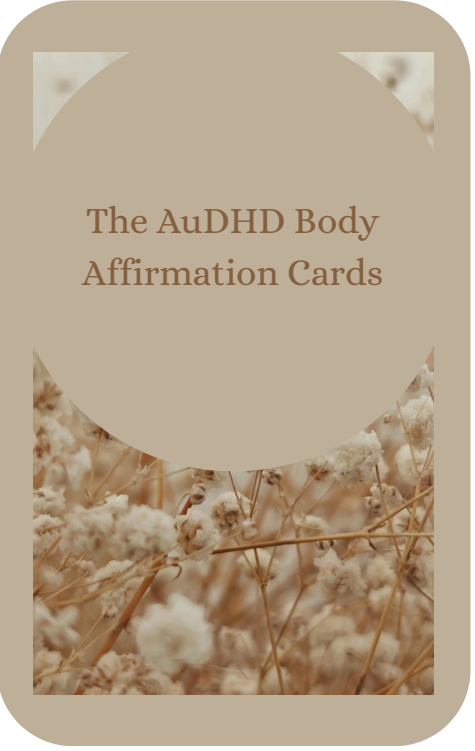
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**It's okay to hold
opposing needs
at the same
time.**

**I don't have to
fit into one neat
box**

**I can embrace
all the dynamic
layers of my
mind**

**I give myself
grace when my
ADHD wants
one thing and
my Autism
wants another**

**I am allowed to
adjust my
systems as my
energy and
focus shift**

**I am a child of
God, loved
unconditionally
and held in His
grace**

**Nothing can
ever separate
me from the
love of God in
Christ Jesus**

**I am chosen,
redeemed, and
forgiven
through the
riches of God's
grace**