

Affirmations – I Trust Men

I release any past fears or negative experiences and embrace the possibility of trusting men again. I attract trustworthy and reliable men into my life. I deserve to be loved and respected by a trustworthy man. I am deserving of a healthy and loving romantic relationship. I trust my instincts and make wise choices in selecting a partner. I am open to experiencing love and trust in a new relationship. I am capable of creating a strong and trusting bond with a man.

I believe in the goodness of men and their capacity to love and be loyal. Trust is a choice and I choose to trust men in my romantic relationships. I am worthy of a man who is honest, loyal and trustworthy. I release any past betrayals and forgive those who have hurt me. I am ready to create new positive experiences in my romantic life. I attract men who are trustworthy and have good intentions. I trust in the power of love to heal and strengthen relationships.

I let go of any limiting beliefs about men and open myself to trust. I am confident in my ability to build trust with a man. I am deserving of a man who communicates openly and honestly. I trust in the process of building a strong foundation of trust in a relationship. I am capable of trusting men while still maintaining healthy boundaries. I choose to focus on the present moment and not let past experiences cloud my judgment. I attract men who are trustworthy and value my trust.

I trust in the power of vulnerability and open myself to love again. I let go of any fear of being hurt and embrace the possibility of a trusting relationship. I am a magnet for trustworthy and honorable men. I believe in second chances and the potential for growth in relationships. I am open to learning and growing together with a trustworthy man. I trust that the right man will come into my life at the perfect time. I release any need to control and allow trust to naturally unfold in my relationships.

I am resilient and capable of recovering from any trust issues from the past. I am deserving of a man who supports and uplifts me. I trust my intuition in choosing a partner who aligns with my values. I am willing to take risks and trust men in my romantic life. I attract men who are committed to building a foundation of trust. I choose to see the best in men and give them the benefit of the doubt. I am open to receiving love and trust from a man who cherishes me.

I release any need for perfection and embrace the imperfections in others. I trust in the power of forgiveness to heal any past wounds. I am deserving of a man who is faithful and loyal. I trust that I have learned from past experiences and can make

better choices now. I attract men who are emotionally available and ready for a committed relationship. I am worthy of a love that is built on trust, respect and honesty. I choose to focus on building a future of trust rather than dwelling on the past.

I trust that I am capable of creating a loving and trusting partnership. I deserve to be with a man who values and appreciates my trust. I am open to experiencing new levels of trust and intimacy in my relationship. I trust that I am deserving of a man who is trustworthy and loyal. I release any fear of vulnerability and allow myself to be seen and loved. I am grateful for the lessons learned from past experiences and use them to grow. I trust in my ability to set clear boundaries that protect my trust and well being.

I attract men who are committed to open and honest communication. I am open to giving and receiving love without fear or hesitation. I choose to let go of any past hurt and embrace a future filled with trust. I trust that my past does not define my future relationships. I am deserving of a man who honors his commitments and keeps his promises. I believe in the power of trust to create a solid foundation for a lasting relationship. I attract men who value and prioritize trust in their relationships.

I am confident in my ability to discern trustworthy men from those who are not. I release any negative beliefs about men and embrace their capacity for love and loyalty. I trust that love and trust go hand in hand in a healthy relationship. I am open to receiving the love and trust I deserve from a man. I am worthy of a man who consistently shows up for me and earns my trust. I choose to let go of any fear of being vulnerable and trust in the process of love. I trust that my past experiences have made me stronger and wiser.

I attract men who are trustworthy and committed to building a strong relationship. I trust in my ability to communicate my needs and expectations clearly. I am deserving of a man who values and respects my trust. I release any need for control and allow trust to naturally evolve in my relationships. I am open to giving second chances and rebuilding trust when it is earned. I trust that I can create a loving and trusting partnership based on mutual respect. I am worthy of a man who is trustworthy, faithful and loyal.

I choose to focus on the positive qualities of men and not let past experiences taint my perception. I attract men who are committed to personal growth and emotional maturity. I trust that my heart is resilient and can heal from any past hurts. I am open to learning and growing together with a trustworthy man. I trust that love will guide me to the right man who deserves my trust. I am deserving of a man who appreciates and values my trust. I release any fear of being betrayed and trust in the potential for a loving relationship.

I trust in the power of transparency and honesty in building trust. I am open to creating a new narrative of trust and love in my life. I believe in the capacity of men to change and grow. I trust in the process of building trust and intimacy. Step by step. I attract men who are committed to their personal integrity and values. I choose to see the best in men and give them the opportunity to earn my trust.

I am worthy of a man who is trustworthy, respectful and kind. I trust that I have the strength to overcome any trust issues from the past. I am open to receiving love and trust from a man who is deserving of my heart. I release any need for perfection and embrace the journey of trust building. I trust in my ability to recognize and attract men who are aligned with my values. I deserve a relationship built on trust, love and mutual respect. I am confident in my ability to rebuild trust when it has been broken.

I trust that my past experiences have prepared me for a better future in love. I attract men who communicate openly and honestly, fostering trust in our relationship. I choose to let go of any limiting beliefs about men and trust in their potential for growth. I am open to giving and receiving trust in equal measure. I trust that I have the wisdom to discern between genuine intentions and deceptive actions. I am deserving of a man who values trust as a foundational pillar of our relationship. I release any need for control and allow trust to naturally evolve and flourish.

I am capable of trusting men while still maintaining healthy boundaries that protect my heart. I trust in the journey of love and remain open to the possibility of a fulfilling and trusting relationship.