



**RNEW**

**A Beginners  
Guide to  
Affirmations For  
Black Males**



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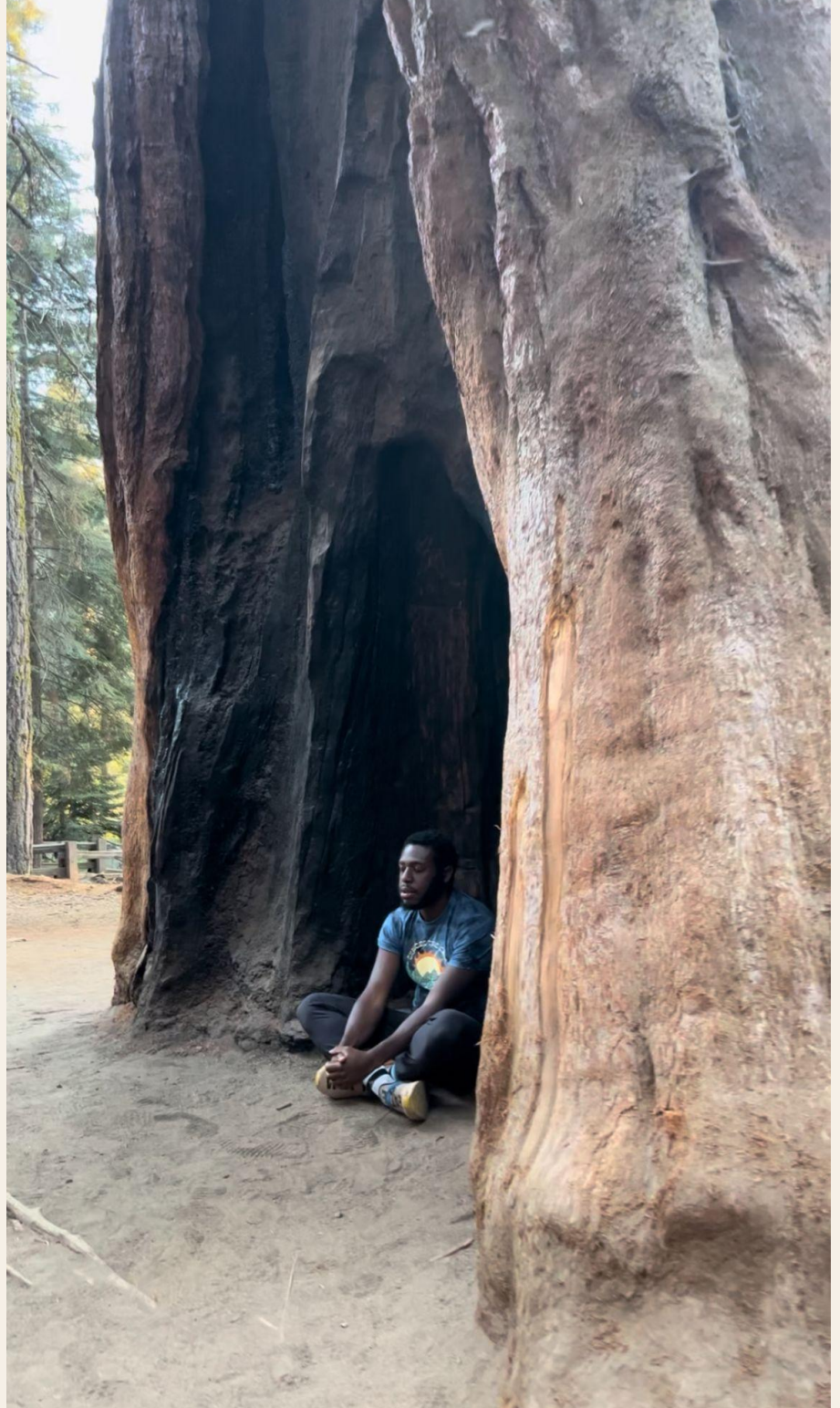
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# A Beginner's Guide To Affirmations for Black Males



Welcome home! This guide was curated in response to many clients needing to learn or never hearing about the power of affirmations. The purpose of this guide is to provide Black men with a starting point and a how-to road map regarding affirmations. The following strategies were created with my Black male clients in mind. The categories of affirmations are organized as the most common issues my clients struggled with. In addition, the categories come from frequent inquiries when requesting help. I analyzed over 100 inquiries regarding my services and found the themes within them. However, I did not just want to create a resource with a list of affirmations—it needed to be thorough and backed by research. All ideas discussed throughout this guide are supported by research and lived experiences. I hope this guide leads Black men and the global majority on their healing journeys. I wish you nothing but wellness and moments filled with happiness as you recognize the light within you.







# A Letter From My True Self



Do you remember always being asked, "Why are you so mad," in joking tones? You hid me behind laughter and anger. I tried being there for you the best I could, but you became numb to me over time. I tried to come out in tears or through hugs, but you didn't let me. You told me I was fat and ugly, and that no girl I would ever want would actually like me and that they would only like me because I am funny. You covered me in oversized clothes but continued to feed me fat-inducing foods. You blasted my ears with music filled with hate, killing, and selfless acts. You stopped talking to me when you stopped going to church. You were very hurtful to those around you because you were never taught or shown an example of love that made sense. You were never given the words to express love or even say the words, "I love you." You were taught lies, manipulation, and negative self-talk. You were shown how to run away when things got tough. You were told never to let anyone disrespect you; if they do, you have to inflict physical harm.



## Cont.

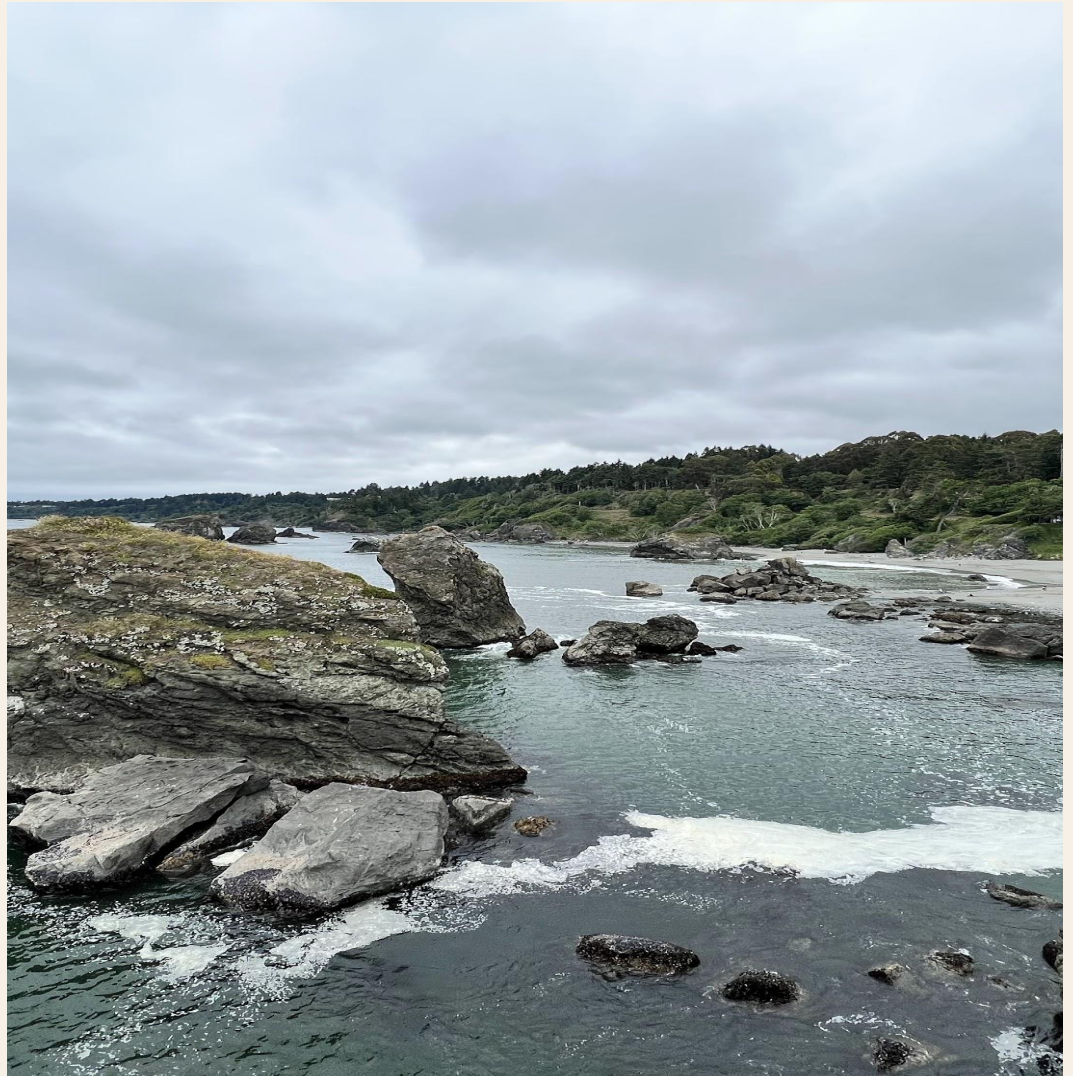
Hurt people hurt people disguised as culture. But I was always there. Like when I stood up for the kid around the corner because he was getting bullied for his size. We almost fought that whole block that day. What about the time when you checked the guy who was disrespecting the bike store employee by calling her out of her name? We managed to calm him down, resulting in no cops being called and no one getting hurt. That random act of kindness when you made that guy feel seen who later shared that he had just got out of prison, and you were the first person to acknowledge him. Being thanked by the guy who was diagnosed with schizophrenia for letting him speak and be listened to. You got the guy dietary needs adhered to in the correctional facility, made friends with those the system labels "less fortunate" to the point where they were giving you items off their bodies (sunglasses) as a thank you, held mom when she was crying, always interjected when they were fighting, and so many other moments. How come I wasn't able to develop and grow?





# Introduction

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I added that piece of vulnerability as I felt that so many of us are hiding our true selves. This happens as a means to survive our violently structured environments that do not support the loving-kind people we indeed are. I leave this piece of me with you to show that I am no different or better, and I hope this will help create some trust as you move throughout this guide. I hope this will free your true self from that dark place it's been hiding.

As one of the few Cisgender Heterosexual Black Male therapeutic educators in Philadelphia, Pennsylvania, who works with adults and teens, I have a passion and heart to connect with those who want better for themselves but have been systemically mind-f\*cked to think otherwise. I was born in Philadelphia and raised in southwest Philadelphia. I learned early on about the structurally designed mishaps that built my community to further a white supremacist agenda. In other words, the hood was designed for capitalist reasons and not because of culture. I did what I had to for survival, but I always knew that there was more to life than what my environment presented. There were no positive role models, roadmaps, or guidance on how to create the life you want. This book serves as all of the above for those with odds stacked against them but won't quit.





After attaining my master's degree in social work, I worked several jobs in which I served the global majority. I began to see trends within the inquiries for therapy. Whether I received an email, phone call, word of mouth, etc., folks (typically Black women- mom, grandmom, sister, partner, or loved one) were all inquiring about similar services. Being a Black male in America takes a heavy toll on your being. It means to be attacked mentally, physically, spiritually, and humanly. Who do we turn to when we just want to sort through it all? Is there anyone who truly cares that will understand what we go through? Every inquiry asked for help with the following areas:

- Anger
- Grief
- Loss
- Depression
- Anxiety
- Relationships
- Trauma
- Substance use
- Thinks no one will understand
- Wanting a better life



When asked, "have you ever heard of affirmations" or "speaking kindly to yourself," the answer was often *no*. This guide was designed to help remind you of all that you know you are. It was designed to shine a light on that dark part within your soul where your true self hides. The only requirement is that you open this book as much as you do your phone and believe in the power of words.

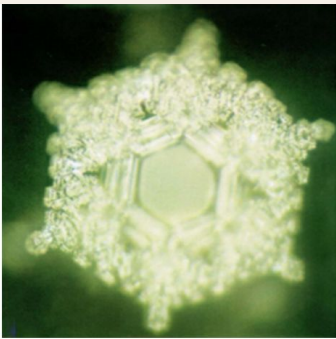
To give you some context regarding the power of words, we will complete a brief introduction by looking at water during its crystallization and comparing the different forms. Masaru Emoto, a Japanese businessman, author, and pseudoscientist, began taking photos of natural water when exposed to music and shown words. In summation, he realized that there are hidden messages in water that apply to all human beings because the average human body is composed of 70 percent water. In other words, we are made up of mostly water, and this realization made him view things in a whole new way. He believes that the answer to living a happy and healthy life is to purify the water that makes up 70 percent of your body.

I need you to keep an open mind and open heart as you continue to move throughout this affirmational guide.



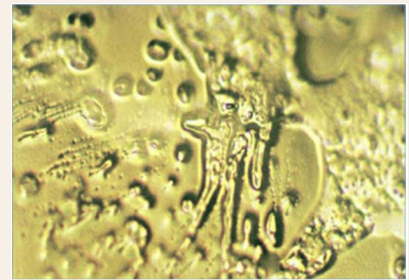


“When your heart is open to possibilities, you start to notice small things that can lead to enormous discoveries” (Emoto). The following images are from Masaru Emoto’s book, *The Hidden Messages in Water*, and illustrate how water reacted to words typed out on a piece of paper, wrapped around a bottle of water, and then photographed when frozen.



Love and gratitude

Under this photo, Emoto writes, “This crystal is as perfect as can be. This indicates that love and gratitude are fundamental to the phenomenon of life in all of nature.”



You make me sick. I will kill you. (Japanese)


Under this photo, Emoto writes, “This crystal is as perfect as can be. This indicates that love and gratitude are fundamental to the phenomenon of life in all of nature.”

The lesson from Emoto's experiments is about the power of words and the vibration of "good" words having a positive effect. Not-so-good words also have an effect but a harmful one. Keep this idea in your mind as you read this book. Your life can significantly be happier and healthier with daily practice in stopping your overwhelming negative thoughts and replacing them with affirmations. If you would like more help with feeling overwhelmed, see *A Holistic Beginner's Guide To Dealing With Overwhelming Amounts of Stress* at [www.bourneanew.com](http://www.bourneanew.com).

Words and thoughts have a vibrational frequency that likes to attract likeness. Speak kindly to yourself and attract kindness. Speak love to yourself and attract love. Speak and think loving-kindness and enjoy the peace that will come with it. If you want practical, culturally relevant steps to help overcome self-esteem issues, check out *Learn How To Hike Your Mountain: A Journal Designed To Help Overcome Self* at [www.bourneanew.com](http://www.bourneanew.com).





 **Brain  
science  
basics**



This section gives you a basic understanding of what may be happening internally in you so that you can feel more equipped to change what's happening externally. In other words, as the great Maya Angelou once said, "When you know better, you do better."

I hypothesize that the idea of low self-esteem lives within the limbic area of our brains. The limbic area is responsible for how we experience and express emotions and motivation and determines whether things are good or bad. Low self-esteem usually presents as an emotion that grows from our perception of something being bad or not good enough, resulting in low motivation. It is essential to add that within the limbic area exist the amygdala and hippocampus. To keep it brief, the amygdala acts as a router, constantly scanning the world and determining where that information goes (i.e., to other parts of the brain). It can hijack the part of your brain responsible for making logical decisions if there is enough emotional charge created by incoming data. In this case, the person will react out of pure emotion or survival. The hippocampus stores images and facts so that if and when something familiar happens, it triggers the memories it has stored. Both the amygdala and hippocampus communicate with each other to determine how the brain should respond in any given situation.



For example, let's say you were cheated on in a past relationship. Your amygdala received this emotionally charged (as behaviors, words, smells, etc.) event, while your hippocampus stored images and facts from this event. You begin to internalize this citation and replay it over and over in your head, to the point where you somehow find a way to blame yourself as the cause of your ex's actions. Feelings of embarrassment, hurt, shame, guilt, etc. takeover, and now your body has developed a reaction to relationships. It is important to note that everything I just described happens at a speed that you do not realize it's happening. Remember that the amygdala is where fear, learned from past experiences, is permanently stored. Fast forward to your current relationship, where similar words and behaviors begin to show, triggering your amygdala and hippocampus to perceive this current situation as the last painful relationship, automatically triggering feelings of embarrassment, hurt, shame, guilt, etc. Now, you're emotionally reactive to your partner because you perceive that things are going downhill. Meanwhile, a simple conversation could have taken place to fact-check all that you are perceiving. The reason why you did not have a conversation with your partner is because whenever you first experienced that situation, your brain and body embedded a response and whatever that response was is how you show up in every similar situation unless you actively work at rewiring this embedded response.





# Safety Plan

***... not only are you going to have to rise to the occasion and help someone else, but you have to model for the next generation.***  
***-Naomi Jedd***

As a therapeutic educator, one of my jobs is to ensure your safety when possible. Knowing that this information can trigger unwanted feelings and behaviors, we must take the time to create a safety plan before moving forward in this book. Lakeside Global Institute defines a safety plan as *a predetermined list of ways a person can mentally or physically ensure they remain safe, especially if a topic, activity or environment is perceived as potentially dangerous or threatening*" (Enhancing Trauma Awareness, pg. 8).

There are two types of safety plans: 1) internal and 2) external. An internal safety plan highlights things a person can do to stay calm mentally. An external safety plan focuses on taking necessary physical action to create safety. Please create both or have a little bit of both within your safety plan. To help you get started, please refer to Figure 1 and 1A below.



## Figure 1. Self-Care Plan Example: Internal

<ul style="list-style-type: none"><li><input type="checkbox"/> Name one thing I can see</li><li><input type="checkbox"/> Name one thing I can smell</li><li><input type="checkbox"/> Name one thing I can touch</li><li><input type="checkbox"/> Name one thing I can taste</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> I am safe</li><li><input type="checkbox"/> I am loved</li><li><input type="checkbox"/> I have the power to care for myself</li><li><input type="checkbox"/> I am not in danger</li></ul>
<ul style="list-style-type: none"><li><input type="checkbox"/> Intentionally feel my draws touch my skin</li><li><input type="checkbox"/> Breathe Slowly Deeply</li><li><input type="checkbox"/> Remind yourself of the date and time</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> What am I feeling?</li><li><input type="checkbox"/> Where am I feeling it?</li><li><input type="checkbox"/> How can I regain a sense of calm?</li></ul>



## Figure 1A Self-Care Plan Example: External

<ul style="list-style-type: none"> <li><input type="checkbox"/> Note where exits are</li> <li><input type="checkbox"/> Sit near the door</li> <li><input type="checkbox"/> Notice who is in the room</li> <li><input type="checkbox"/> Tell someone you trust when you start to feel unsafe</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sit near someone you feel safe being close to</li> <li><input type="checkbox"/> Go to the bathroom</li> <li><input type="checkbox"/> Sit in a spot where you feel safest</li> <li><input type="checkbox"/> Decide a safe place to go</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Doodle</li> <li><input type="checkbox"/> Quietly humming</li> <li><input type="checkbox"/> Tapping</li> <li><input type="checkbox"/> Think about what you will eat as your next meal</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Drink Water</li> <li><input type="checkbox"/> Exit the room</li> <li><input type="checkbox"/> Refuse to speak</li> <li><input type="checkbox"/> Close your eyes for a few</li> </ul>

Your safety is a priority. Take an index card and create a safety plan using figures 1 and 1A. Do this before moving forward in this book. This will better prepare you for unwarranted emotions, feelings, and thoughts. I suggest using this index card as a bookmark so that you have it readily available in case you need it.

As a therapeutic educator, one of my jobs is to ensure your safety when possible. Knowing that this information can trigger unwanted feelings and behaviors, we must take the time to create a safety plan before moving forward in this book. Lakeside Global Institute defines a safety plan as *a predetermined list of ways a person can mentally or physically ensure they remain safe, especially if a topic, activity or environment is perceived as potentially dangerous or threatening*" (Enhancing Trauma Awareness, pg. 8).

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# Affirmation Guide





This affirmation guide has nine sections: 1) *Inner Child* 2) *Past Mistakes* 3) *Trauma* 4) *Better Quality of Life* 5) *Anger* 6) *Depression* 7) *Anxiety* 8) *Grief* 9) *Relationships*

1. *Inner Child*: seeks to speak to your inner child in hopes of soothing the hurt that was done.
2. *Past Mistakes*: Letting go of regret and not allowing your past to stop you from doing your best.
3. *Trauma*: Soothing your survival brain.
4. *Better Quality of Life*: Attaining inner peace
5. *Anger*: How to manage it.
6. *Depression*: Deep sadness that affects day-to-day life
7. *Anxiety*: Overwhelming emotions
8. *Grief*: Loss of loved ones and old lifestyle
9. *Relationships*: With self and others (romantically and non-romantically)

These nine sections serve as the umbrellas that blocked the sunshine within my adult clients. These are the top reasons in which Black boys/men inquire about services at Bourne Anew LLC



## **Inner Child:**

*Seeks to speak to your inner child in hopes of  
soothing the hurt that was done.*

1. I forgive myself for the pain I had to endure from those who were supposed to love me
2. I forgive myself for not knowing any better
3. I am no longer mad at myself for being manipulated when I was a child
4. I have the power to give my inner child what he needs
5. I see you [ younger self]
6. I love you [younger self]
7. I am proud of you for doing the best you could to navigate life
8. I am sorry you had to grow up faster than others
9. It's okay that no one else believed you when you spoke
10. I no longer have to be older than you are
11. I promise not to neglect you
12. Your innocence is not a weakness
13. I will give you the love that you needed when you were younger
14. You never needed to have it all figured out
15. It was okay to cry
16. Their words don't define you
17. You are beautiful
18. You don't have to please others in an attempt to feel the love you long for
19. You're not fat, your body was adjusting
20. I will protect you now
21. We have everything we need
22. Thank you for figuring it out
23. My anger didn't deserve punishment
24. Look how far we have grown
25. I am sorry your needs were not met, but I got us now



## **Past Mistakes:**

***Letting go of regret and not allowing your past to stop you from doing your best.***

1. I tried my best and gave it my all, and so I am happy
2. The only person that can hold my past against me is me
3. I am not who I once was
4. I am not my mistakes
5. I forgive myself for the things I did when I did not know any better
6. Reading this book is proof that I survived all my mistakes
7. Everything I have been through was for my benefit
8. I forgive myself for not putting myself first
9. I am finding myself with every new day
10. I am human and allowed to make mistakes
11. I am grateful for the lessons learned from my mistakes
12. I acknowledge the painful lessons
13. If I did not go through what I went through then, I would not be where I am today
14. I will forgive myself as many times as I need to
15. I will sit with past regret and wait for them to pass
16. I am no longer mad at myself for my past
17. I choose to live in the present
18. I no longer wonder what if and accept what is
19. I embrace my mistakes so that no one can hold them over my head
20. I am actively trying my best to enjoy my present life and not live in the past
21. I am taking back my power
22. I will not let my past rob me of my joy and the joyous moments to come
23. I release myself from my past mistakes
24. I deserve love and won't let my past convince me that I don't
25. I am thankful for my dark past that makes my present bright



## **Trauma:**

### ***Soothing your survival brain***

1. Those gut feelings are actually communication within your body. Learn to appreciate and understand it.
2. I am committed to learning the difference between my intuition and my trauma
3. I am alive and growing
4. I forgive myself for acting the way I once did to survive
5. It is human nature to react to a threat
6. I no longer allow anger to control me
7. I am safe within my body
8. Everything has a flow: this, too shall, pass
9. I understand that these feelings are trying to communicate something to me
10. I am learning that strength is learning to put down the weight of past trauma
11. I am safe
12. I have the power to care for myself
13. I do not need to react to everything
14. I am choosing to no longer live as a victim of my trauma
15. I am learning new and healthy ways to cope
16. I set myself free from my abuser
17. I no longer accept the problems of others as my own
18. I am safe within my body
19. I am open to love
20. I will choose e myself this time
21. I am freeing up space in my heart that was once filled with pain
22. I am freeing up space in my mind for joyous moments
23. I embrace the unknown
24. I am in control of my emotions, reactions, and responses
25. I am rewiring my brain so that I can leave free





**Better Quality of Life**  
*Attaining Inner Peace*

1. I am choosing happiness today, knowing it is not a destination: it is a choice to live with integrity each day.
2. Life is about unlearning everything you learned and re-learning what you already knew.
3. What if darkness was only a state of mind? That would mean your thoughts could guide you to light.
4. You cannot take anything with you when you go, but you can leave some things behind-choose love.
5. You don't have to have it all together.
6. I am no longer striving but choosing to just be
7. I am a human, BEING not human DOING
8. I am learning to experience life within the moments but being careful enough not to hold on to the moments.
9. Anger and sadness are simply emotions, just like happiness. The difference is when we are happy, we tend to live in the moment, and when we are sad, we stop living.
10. I will no longer rob myself of experience all the emotions and feelings like joy and excitement.
11. I am a free-standing man.
12. I do not seek confirmation from others regarding my self-esteem.



1. I define who I am
2. I am love
3. I am light
4. I am undying
5. I am everchanging
6. I am peace
7. I am worthy
8. I am in tune with nature.
9. I choose to live within my authenticity.
10. I am enough
11. I am expansive
12. I am expanding my consciousness.
13. I set myself free from this world's hateful grip and chose joy.

# Anger *How To Manage*

1. I will no longer be controlled by anger
2. I understand that anger is just an emotion
3. I am learning to listen and feel my emotions instead of numbing them
4. I now realize that being angry is a reminder that I am human
5. I am allowed to be angry
6. I refuse to let anger take control of my life
7. I decide how I will react or respond to a situation and not my anger
8. I recognize what triggers my anger and will use my safety plan to create peace for myself
9. I am capable of de-escalating any situation with compassion, understanding, and patience
10. I am becoming a better version of myself and will treat others with kindness
11. I remain present within triggering situations
12. I define who I am
13. I am peace
14. I am love
15. I will react from a space of love and kindness
16. I embrace the discomfort and tension to learn more about myself
17. I can remain calm
18. I refuse to let anger steal my inner peace
19. I am freeing up space within my heart to receive more joy and happiness
20. I have all the tools to change my life
21. I am committed to my inner peace
22. I welcome people and experiences that bring me joy
23. I can feel my anger and keep control
24. I can express and communicate my anger in a safe, respectful way
25. I release all this built-up anger



**Anxiety**  
**Overwhelming**  
**Emotions**

1. I am safe
2. I have the power to care for myself
3. I can choose to slow my breathing
4. I am comfortable with the uncomfortable
5. I am strong
6. I embrace the unknown
7. I can change my perception of things
8. I will be okay
9. I control my thoughts
10. I can change my thoughts
11. I trust the trajectory of my life
12. I am abundant and attract abundance
13. I have the tools to create calm and peace for myself
14. I am in charge of how I feel
15. I can choose to take a pause
16. I have hope even during the bad times because
17. I appreciate my life and find things to be grateful for
18. I acknowledge change as the only constant thing in life
19. I am prepared for change
20. I will put my health first
21. I recognize that the sun still shines on cloudy days
22. I set myself free from negative thoughts
23. I am finding peace from within
24. I am competing against no one but myself
25. I find joy in where I am in life right now





**Grief**  
*Loss Of Loved Ones  
And Old Lifestly*

1. I can hold on to love and let go of grief
2. The pain in my heart reminds me that I am capable of love
3. I choose to enjoy each moment, knowing that things don't last forever.
4. I allow myself to feel pain, knowing that it won't last forever
5. I can care for myself while grieving
6. I release the tension in my body and relax
7. I am letting go of guilt and shame and freeing up space in my heart
8. I find comfort in the memories of my loved ones
9. I will be gentle with myself during this time
10. I can and will ask for help when I need it
11. I am never alone during this time
12. I give myself time and space to feel all my feelings
13. I will not hold onto anger but feel it and allow it to pass



**cont.**

1. I am like the sun: shining even on cloudy days
2. I will not ignore my emotions as I know this is part of being human
3. I will get through this
4. I will carry on the legacy by speaking their name and spreading their message wherever I go
5. I am so grateful our paths crossed
6. I have the tools to work through my emotions all around me
7. I have support from loved ones who care for me
8. I understand that healing has its ups and downs
9. I heal with curiosity and peace
10. I will do my best to see the world with this new vision I have been given
11. I can create a safety plan that communicates my needs and refer to it every time I need it
12. I have so much love within me



## Relationships *With Self And Others*

1. I am happy on my own, and those around me simply add to my happiness
2. I am the standard
3. I define who I am
4. I can love myself and someone else without losing myself
5. I am true to myself when I am around others
6. I can communicate my needs effectively
7. I cannot be someone's everything. I can only be myself
8. I can create healthy boundaries for my safety and others
9. I can take time for myself when needed
10. I will be a fantastic partner
11. I will continue to care for and respect myself and my partner everyday
12. I am deserving of a healthy and happy relationship
13. I understand that love is something I can give to myself and have my partner support me
14. I will communicate how I want to be loved by my partner
15. I will not assume that my partner should know how to love me
16. I will not allow another person's insecurities to affect the love I have for myself
17. I am lovable
18. I am safe within my relationship
19. I can be vulnerable with others



**cont.**

1. I will communicate how I want to be loved by my partner
2. I will not assume that my partner should know how to love me
3. I will not allow another person's insecurities to affect the love I have for myself
4. I am lovable
5. I am safe within my relationship
6. I can be vulnerable with others
7. I attract healthy, loving relationships
8. I am working on myself to not project onto others
9. I am grateful for those who are in my life
10. I am grateful for the lessons I learned from those who were once a part of my life
11. I will live in my authenticity
12. I am making room in my life for safe, healthy and trusting relationships





How to use these affirmations to take action:

*“I have the power to control my response to the emotions I feel.”*

Actionable Plan:

Here are two actionable options you can create a habit with:

- 1) Complete a light two-minute meditation in the morning and before bed.
- 2) Sit still and do nothing for one- minute

Here is an example of a light two-minute meditation from start to finish:

Tools Needed: Music, room, and yourself

- Phone, computer, tv, etc. (any device that can access the internet or music streaming service)
- 7.83hz Schumann resonance playing in the background at a comfortable volume that blocks out the noise around you (search: 7.83hz Schuman resonance). Pick a video or song that sounds pleasing to you.
- Find a room/place/space that reminds you of peace, communicates safety to your body, and provides privacy for the time being with no interruptions (yes, this can be the bathroom), preferably somewhere in nature
- Close your eyes
- As you are sitting in silence, focus on your breath
- Take deep breaths (in through your nose 4s, Hold your breath 4s, and exhale out of your mouth for 6s.
- Repeat this type of breathing until your shoulders fall, your tongue rest behind your bottom teeth, and you fully melt into the surface supporting you.

Your goal will determine the meditation and what you will say, but for the purposes of this book, we will provide you with a script

Pick an affirmation and repeat it to yourself. Out loud or in your mind

Example: Anxiety Affirmation number 8 says *I will be okay.*

Repeat this affirmation over and over to yourself and allow the emotions to arise and fall.

*\*Important note: Have your safety plan nearby as doing these types of meditations can be emotionally heavy.*

**Pro tip:**

Try this quick and easy meditation called: Thank you

Follow all of the steps above and replace doing nothing with this bodily gesture:

- Right hand on the left shoulder and left hand on the right shoulder or upper arm (your arms should make an X - cross arms)
  - Like your hugging yourself
  - And listen to an uplifting song: try this : Beautiful chorus group - inner peace (youtube)

Here is an example of what your morning could look like:

1. DO NOT grab your phone. Instead, grab your bible or journal and write out your thoughts that have been keeping you up at night. Also, write down your dreams and visions
2. Make sure to include some affirmations from above in your journal or prayer.
3. Complete some stretches. The goal is to do them slowly while breathing slowly.
4. Wash your face. Breathe slowly as you wash your face. Slow down. There is no rush.
5. Set your intentions for the day.
6. Expect the unexpected and be kind to yourself as you navigate the day.



Affirmations can be a helpful tool in rewiring all the negative thinking we have of ourselves. It is not about saying random things that sound good but understanding the power that lies within you to change your life—recognizing the healing properties within our words and taking action toward the life we want. We all long for happiness but seldom do we recognize the contrast that it is the sadness that makes happiness. All of what you've been through has prepared you to continue on your journey if you allow it—remembering that it is all connected and everything on earth was put here for your benefit. I wish you nothing but wellness and moments filled with happiness as you recognize the light within you.

Heal well,

Bourne Anew LLC  
Kenn  
Founder/CEO

