

## 44 AFFIRMATIONS FOR ANXIETY

Breathing in, I know I am breathing in. Breathing out, I know I am breathing out.

Hello anxiety, I feel you and comfort you.

Thank you for trying to keep my body safe, but I can handle this now.

1. I am in charge of my life and my happiness.
2. I am safe.
3. I recognize and release the tension in my body.
4. I can regulate my nervous system.
5. I am the creator of my reality.
6. I let go of what I cannot control.
7. I will not let anxiety limit what I can do.
8. I can learn how to recognize, and change my perceptions of fear.
9. I choose to be optimistic.
10. I choose peace.
11. I am capable of doing and trying new things.
12. I will observe other people's energies, not absorb them.
13. I will celebrate all my personal victories, no matter how small.
14. I am allowed to make mistakes.
15. I am not afraid of what could go wrong because I focus on what will go right.
16. I am brave.
17. I trust myself.
18. I value myself.
19. I honor myself.
20. I love myself.
21. My courage is more powerful than my fear.
22. Feelings and thoughts don't last forever.
23. I will focus on what I can control.
24. My past experiences do not define my future experiences.
25. I choose positive thoughts.

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26. I am allowed to protect my peace.
27. I am the only person I need approval from.
28. My thoughts and emotions are not facts.
29. I don't have to believe everything I think.
30. I am in control of my thoughts when I focus on my breath.
31. I am not defined by the anxiety I feel.
32. I am capable of connecting with others.
33. I release self doubt, it doesn't serve me.
34. I am proud of myself.
35. I believe in myself and my unique abilities.
36. Things are happening for me, not to me.
37. I feel confident being myself around other people.
38. I can make the most of today.
39. I can always find something to be grateful for.
40. I am allowed to rest and recharge.
41. I have faith everything will work out for me.
42. Show me how good it can get.
43. I am not alone. I am part of everything.
44. I am free.