

Positive affirmations for anxiety pdf

Anxiety and depression

1. *I opt to stay relaxed.*
2. *I am calm and composed.*
3. *I nurture helpful thoughts.*
4. *I choose self-compassion.*
5. *I create my joy and happiness.*
6. *I am capable.*
7. *I can accomplish anything I set my mind to.*
8. *Good things are happening to me.*
9. *I am grateful for all the blessings life has given me.*
10. *I see and value my worth.*
11. *I let go of all the guilt I carry.*
12. *I forgive myself for being imperfect.*
13. *I live in the present.*
14. *I wake up every day and choose gratitude.*
15. *I have the power to fill my life with happiness.*
16. *I chose to establish a positive mindset.*
17. *I opt to invest time in myself.*
18. *I invest time in my healing.*
19. *I am no longer fixated on my past.*
20. *I release all the guilt I carry from my mind and body.*

Anxiety and stress

- *My mind and body are in a relaxed state.*
- *I am safe and protected.*
- *I let myself de-stress.*
- *My body is releasing all the muscle tension.*
- *I am consciously choosing relaxation.*
- *I am grounded in my present.*
- *I am in control of my thoughts.*
- *I can handle any challenge.*
- *I am a good problem solver.*
- *I am aware all problems are solvable.*
- *Difficult times will pass too.*
- *I deal with one problem at a time.*
- *I allow myself to be stress-free.*

- *I only worry about what I can control.*
- *I am strong-willed.*
- *My inner peace is unshakeable.*
- *I am powerful to overcome all obstacles.*
- *I am sufficient.*
- *I got my back.*
- *I chose to be a solution seeker.*

Anxiety and overthinking

- *I am in control of my mind and thoughts.*
- *I am powerful.*
- *I create the narrative in my mind.*
- *I know when to stop.*
- *My discipline is my power.*
- *I am compassionate towards myself.*
- *I go with the flow.*
- *I am surrendering and allowing things to happen naturally.*
- *I let go of the fear of the future.*
- *I let things naturally evolve.*
- *I choose to use my energy productively.*
- *I choose to think beneficial thoughts.*
- *I let my mind rest.*
- *I look forward to the future without any attempts to control it.*
- *I seek balance in my thoughts.*
- *My mind is constructive & I create positivity.*
- *I hold the power to steady my mind.*
- *I live in here and now.*
- *My mind is aligned with the present.*
- *I may feel overwhelmed, but I control my behaviors.*

Social Anxiety

- *I execute with confidence.*
- *I am aware of my capabilities.*
- *I am proactive and come prepared.*
- *I am an amazing imperfect being.*
- *I am in the process of learning.*
- *I choose growth over comfort.*
- *I stay focused on the positive energy.*
- *I am likable.*
- *I give my best in everything.*
- *I find pleasure in all that I do.*
- *I cherish my abilities.*

- *I take it one day at a time.*
- *Each step I take is a success in itself.*
- *I count my efforts as a win too.*
- *I chose not to worry about what others think.*
- *I chose not to evaluate myself constantly.*
- *I let myself be and enjoy the moment.*
- *I do not control what people perceive of me.*
- *I am calm and composed when interacting with people.*
- *I have the courage to do anything.*

Panic attacks

- *I am safe and sound.*
- *My body is my sanctuary.*
- *My breathing is calm and slow.*
- *I control my body.*
- *My body listens to my conscious thoughts.*
- *I am courageous.*
- *I let this wave pass through me.*
- *I am friends with my body.*
- *I can deal with it, as I have in the past.*
- *I cope well with my anxiety.*
- *With every deep breath I take, I sense more calmness in me.*
- *I create my reality with my thoughts.*
- *I am capable and resourceful.*
- *My positive thoughts calm my body.*
- *I no longer hold on to my worries.*
- *I am loved and protected.*
- *Nothing unbearable will happen to me.*
- *My coping with the anxiety is improving.*
- *I carry all the power within me to get through this.*
- *I release all the negative thoughts I experience.*