

## ANXIETY AFFIRMATIONS

### How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

### Affirmations:

1. I am cool, calm, and collected.
2. This is only temporary.
3. Every breath I inhale calms me and every breath I exhale takes away tension.
4. You are not your thoughts and feelings, and they don't have to bring you down.
5. Every cell in my body is relaxed and oozes calmness.
6. Smile, breathe, and go slowly.
7. I love myself deeply and unconditionally.
8. Within me is a peacefulness that cannot be disturb.
9. I transcend stress of any kind. I live in peace.
10. Breathing in I calm my body, breathing out I smile.
11. All is well in my world and I am safe.
12. This too shall pass and I can stand this.
13. With every breath, I release the anxiety within me and I become more and more calm.
14. Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.
15. I overcome my fear of anything and everything and live life courageously.
16. I acknowledge that the only constant in life is change and I am prepared for it.
17. I am free of anxiety and continue to be so.
18. Act the way that you want to feel.

