

OVERCOMING ANXIETY WITH AFFIRMATIONS

POSITIVE AFFIRMATIONS FOR GENERAL ANXIETY

I am stronger than my anxiety.

I trust in my ability to survive and thrive.

I am in control of my breathing and can slow it down when I need to.

I am safe, and everything is okay in my world.

I am choosing now to release all worry and fear.

AFFIRMATIONS FOR ANXIETY ATTACKS

I can stay grounded and calm.

This feeling will pass. I won't feel this way forever.

I am okay and this anxiety attack does not define me.

My anxiety does not control me.

I can weather this storm, it will not break me.

OVERCOMING ANXIETY WITH AFFIRMATIONS

POSITIVE AFFIRMATIONS FOR DEPRESSION

I allow myself to feel this fully and to be here.

I lovingly accept myself just as I am.

I am filled with peace, love, and joy.

I will keep moving forward.

I am resilient and can get through anything.

AFFIRMATIONS FOR OVERCOMING FEAR

I let go of all my fears and doubts.

I am stronger than my fears.

I have the power to change my story.

Fear is only a feeling, it cannot hold me back.

I choose to replace fear with love.

OVERCOMING ANXIETY WITH AFFIRMATIONS

AFFIRMATIONS FOR BUILDING CONFIDENCE

I am capable of achieving anything.

I love myself unconditionally.

I am proud of myself and all I've achieved.

I believe in myself and my abilities.

I am confident in my ability to [whatever you are anxious about].

AFFIRMATIONS FOR MORNING ANXIETY

Today is going to be a great day.

I am grateful for a new day.

Today, I choose joy.

I am prepared to face any challenges that come up today.

Each day is filled with new opportunities.

OVERCOMING ANXIETY WITH AFFIRMATIONS

AFFIRMATIONS FOR NIGHTTIME ANXIETY

I release today's stress and welcome rest.
I have done my best today and that is enough.
I am at peace and ready for sleep.
I am safe and comfortable in my bed.
I am grateful for the good in today.

AFFIRMATIONS FOR HEALTH ANXIETY

I am healthy, strong, and powerful.
I trust the wisdom of my body.
I am grateful for the healing power within me.
I choose health, happiness, and prosperity.
My body is capable of incredible things.

OVERCOMING ANXIETY WITH AFFIRMATIONS

AFFIRMATIONS FOR SOCIAL ANXIETY

I am comfortable and confident in any social situation.

I radiate positivity and people respond positively to me.

I am worthy of love and connection.

I am enough, just as I am.

I bring value to all of my relationships.

AFFIRMATIONS FOR WORK-RELATED ANXIETY

I am competent and capable.

I handle my workload with confidence and calm.

I bring value to my team and workplace.

I am appreciated and respected at work.

Challenges at work energize me.

OVERCOMING ANXIETY WITH AFFIRMATIONS

AFFIRMATIONS FOR OVERTHINKING

I release the need to know all the answers.

I am in charge of how I think and feel.

I let go of negative thoughts and feelings about myself.

My mind is filled with supportive, positive thoughts.

I trust in the flow of life.

AFFIRMATIONS FOR SELF-LOVE

I am deserving of my own love and kindness.

I am beautiful, inside and out.

I choose to love and appreciate myself every day.

I am deserving of love, respect, and happiness.