

Affirmations

For Anxiety

1. I have faith that everything will work out
2. I am not alone in my struggles
3. Angels watch over me
4. I am strong
5. How ever big the mountain, I can climb it
6. Every breathe I take fills my soul with ease
7. I am in control
8. I have everything that I need
9. I am confident
10. When anxiety visits me, I can breathe it all away
11. I am safe
12. I am loved
13. I am calm and mindful
14. I'm not afraid of what could go wrong, I'm excited by what could go right
15. I accept myself for who I am
16. I'm doing the best that I can
17. Feelings are just visitors and I accept them, and then let them go
18. I am happy
19. I am blessed
20. I know that anxiety will fade away

