

# Anxiety Affirmations

This feeling is temporary.  
This too shall pass.  
I can do hard things.  
Feelings are not facts.  
Your thoughts are not you.  
I have survived difficult times before and I can survive this.  
I have the skills to cope.  
I am safe.  
I am allowed to have a rough day. It does not define me.  
I can take things one step at a time. One breath at a time.  
I am doing the best I can.  
I can embrace my anxiety.  
There is no real danger present.  
There are things in life I cannot control.  
I can do things even while I am anxious.  
The only thing I can control are my actions and reactions.  
I have the power to calm my body.  
I can watch my anxious thoughts pass on by like clouds in the sky.  
My anxiety does not hurt me.  
Even small steps are progress today.  
I can do things today to make myself feel better.  
Tomorrow is a new day.  
These physical feelings I am experiencing will not hurt me.  
I have people that love me that I can call on if I need support.  
Good things can come out of uncomfortable feelings.

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