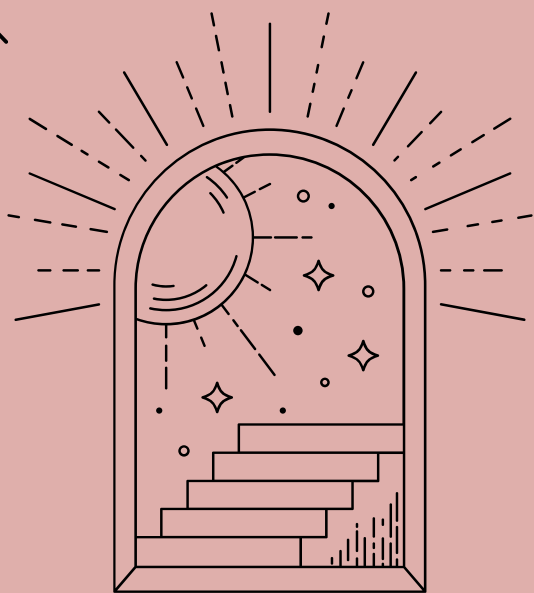




25

RELIEVE ANXIETY
& WORRY LESS
AFFIRMATIONS



I AM SAFE.



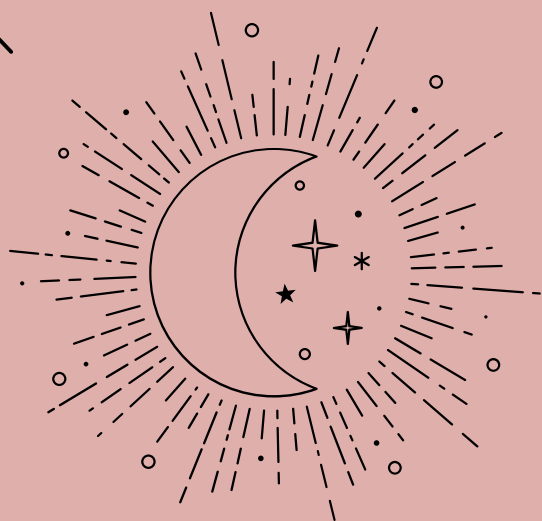
I AM SURROUNDED
BY PEOPLE WHO
CARE ABOUT ME.



I AM CAPABLE OF
HANDLING WHATEVER
COMES MY WAY.



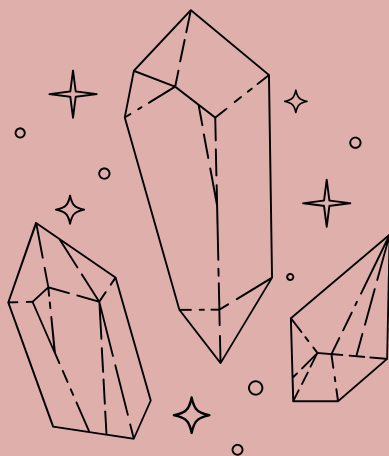
I AM STRONG
ENOUGH TO GET
THROUGH THIS.



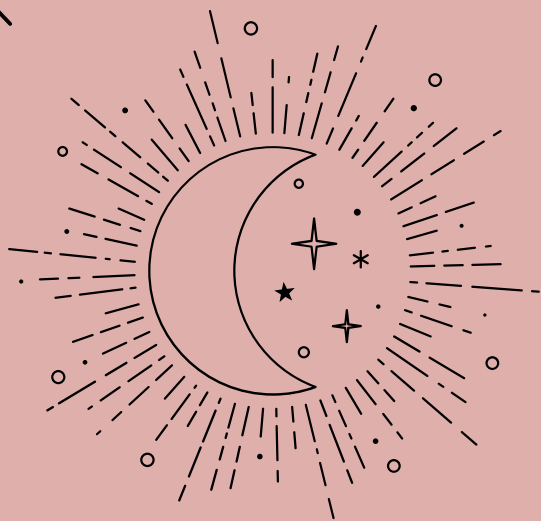
I AM WORTHY
OF LOVE AND
SUPPORT.



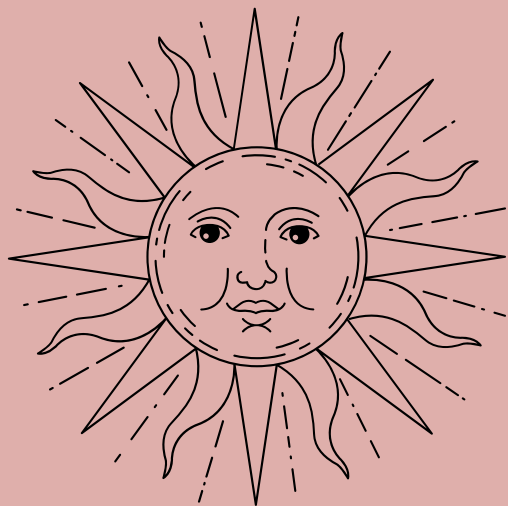
I AM NOT ALONE
IN THIS.



I AM ALLOWED TO
FEEL WHATEVER I'M
FEELING.



I AM ALLOWED
TO TAKE CARE
OF MYSELF.



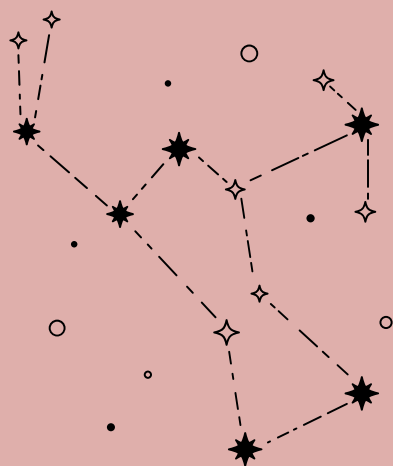
I DON'T HAVE TO
BE PERFECT TO BE
OKAY.



EVERYTHING
WILL BE ALRIGHT
IN THE END.



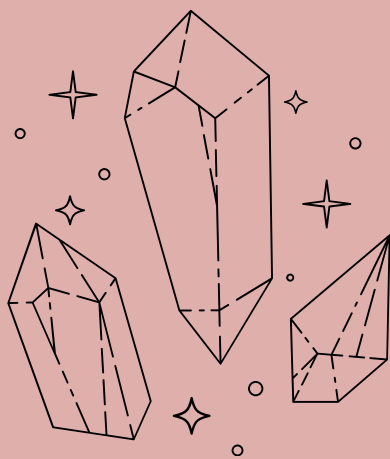
IT'S OK TO ASK
FOR HELP.



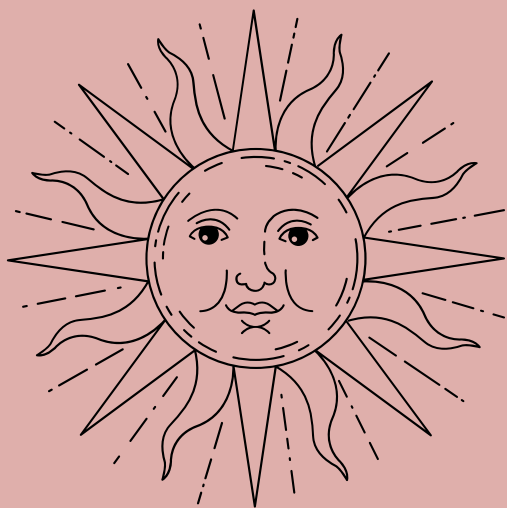
I AM NOT MY
ANXIETY.



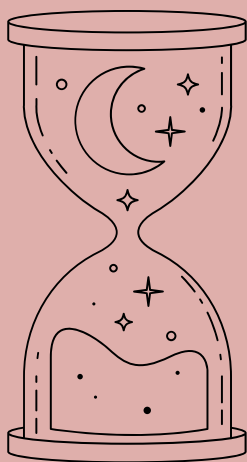
I AM SO MUCH
MORE THAN MY
ANXIETY.



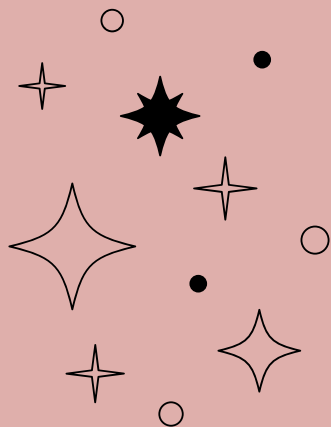
I AM IN CONTROL OF MY
ANXIETY, IT DOES NOT
CONTROL ME.



MY ANXIETY
DOES NOT
DEFINE ME.



I AM CAPABLE OF
MANAGING MY
ANXIETY.



I WILL NOT LET MY
ANXIETY STOP ME FROM
LIVING MY LIFE.



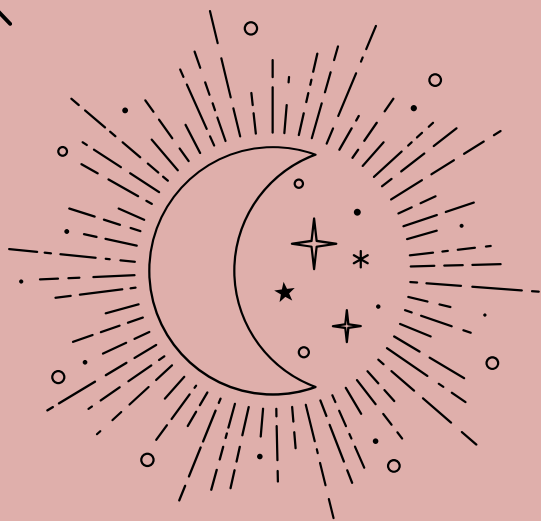
I AM CAPABLE
OF CONQUERING
MY ANXIETY.



I AM STRONGER
THAN MY
ANXIETY.



I LET GO OF MY ANXIETY
AND ALLOW MYSELF TO
BE FREE.



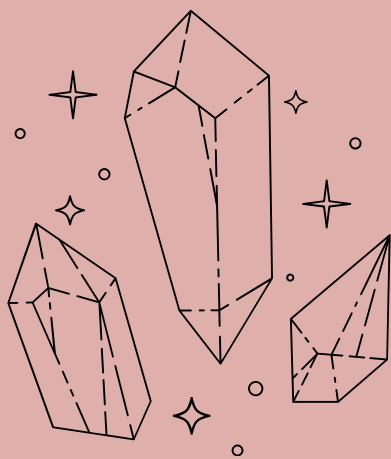
I AM AT PEACE
WITH MYSELF.



AM CALM AND RELAXE



I AM SURROUNDED
BY POSITIVE
ENERGY.



ALL MY NEEDS ARE MET,
AND I AM TAKEN CARE
OF.



I RELEASE ALL MY
ANXIETY AND WORRIES
TO THE UNIVERSE.