

|

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 RELEASE ALL MY
ANXIETY AND
WORRIES TO THE
UNIVERSE.

|

|

I AM AT PEACE
WITH MYSELF.

|

|

I AM CALM AND
RELAXED.

|

|

I AM
SURROUNDED BY
POSITIVE ENERGY.

|



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

