

Positive Affirmations to Help Ease Fear and Anxiety

- I am safe and divinely protected in this very moment.
- I let go of all emotions that do not serve my highest and best good. I am choosing to feel calm and peaceful.
- I surround myself with positive people who love and support me.
- I trust that this too, shall pass.
- I free myself from stress and tension. As I focus on deep breathing, my body feels more and more relaxed. I breathe out worry with every exhale.
- My personal feelings, thoughts, and beliefs are valid, despite what other people might say.
- When I feel stressed, I choose to focus on all of the blessings in my life.
- My strength is greater than my struggles. I have gone through difficult times in the past and I survived them.
- I will not stress over the things for which I cannot control.
- I realize that I can choose to be happy and that I have the power to turn my life around and make it everything I desire it to be.
- I give myself permission to detach from people and situations that bring me down or drain my energy.
- I have faith that everything will be okay.
- No matter the outcome, I know this will not break me. I have the strength and perseverance to get through tough times.
- Any panic I'm feeling is temporary.
- My loved ones in Spirit are safe and at peace. They are lovingly supporting me from the Other Side.
- When I'm upset by life's circumstances, I remind myself that nothing is permanent.
- I have faith that everything is working out for the highest and best good.
- There is no obstacle that I cannot overcome.
- I work towards viewing every challenge presented before me as an opportunity for growth and understanding. I am grateful for the journey of life and all of its lessons.
- My fears of tomorrow do not serve me. I choose to shift my mindset and will focus on each day as it comes.
- I choose to live in the present moment and find joy in the simplicity of life.
- I focus my attention on gratitude and love.
- My positive thoughts create positive feelings. I choose to feel happy and hopeful.
- I am not afraid to change my life. I am ready to embrace new opportunities.
- I surrender to God's plan for my life and for the world at large, even when I don't agree with it or it's beyond my understanding.

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- I choose to fully feel my feelings and do the necessary emotional work, rather than numbing my emotions through food, alcohol, or any other unhealthy coping mechanisms.
- I recognize that each and every situation, relationship, and person in my life — whether it be good or bad — carries a unique set of lessons that I am meant to experience. Knowing this will help me let go of the past, forgive those who've hurt me, and be less judgmental towards myself and others.
- I allow myself to breathe in peace and as I exhale, I release fear.
- I will not berate myself if I fail. If I fail, I will fail forward. I realize that as a human being, it is natural to make mistakes and that any bumps along the road can be used as an opportunity to learn and grow.
- I know that self-care is essential to my overall well-being. I vow to take care of my mind, body, and soul.
- I choose to let go of control and not be so hard on myself and others when things don't always go as planned.
- I release what is not mine to feel and free myself from the negative energy and emotions of others.
- I trust myself to make the right choices and decisions in life.
- My anxiety does not define me.
- Even when I'm having a tough day, it's never too late to still turn things around and make the most out of it.
- I am happy for the success of others. I recognize that jealousy does nothing to help me evolve into the best person I can be.
- It is up to me to find the meaning behind my fears and then work to change my perspective.
- My life overflows with happiness and love. I am grateful for all of my family and friends.
- No matter what the circumstances are, I will be able to provide for myself and my family.
- I know that if I believe that I can change, I will. I am not afraid to look at the parts of myself that need improvement. I have the courage to take responsibility and recognize where I need to make changes in life.
- I will work at letting go of my negative feelings about other people and will focus on wishing them well instead.
- I will avoid judging others, knowing that each of us are facing our own battles in life and are doing the best we can.
- I give myself permission to take time to rest and recharge. It's okay to say "no" for the sake of my own well-being.