

Positive Affirmations for Anxiety



Twelve lines your anxious brain can actually believe. No "everything is perfect" here - just honest, steady sentences that hold up under pressure.

1 CUT THEM OUT

2 KEEP THREE WHERE ANXIETY FINDS YOU

3 READ ALOUD, SLOWLY

✂ TWELVE CARDS · KEEP THE ONES YOU BELIEVE

N° 01

Anxiety is loud, but loud is not the same as true.

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N° 02

A thought is allowed to visit without moving in.

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N° 03

Right now, in this exact minute, I am safe enough.

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N° 04

Doing it scared still counts as doing it.

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N° 05

This is my body trying to protect me, not my body failing.

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N° 06

No feeling is final. This one is already moving through.

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N° 07

I can take the next small step without seeing the whole road.

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N° 08

Worry is not a preview. Most of what it shows me never happens.

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N° 09

Anxiety demands an answer right now. The question can wait.

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N° 10

I have felt this before, and I am still here.

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N° 11

I don't have to fix this feeling, only let it pass through.

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N° 12

I can talk to myself like someone I am rooting for.

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MAKE IT BELIEVABLE

An affirmation only calms you if some part of you can nod along. **If a card feels hollow, skip it** - a modest line you believe beats a grand one you don't. Forced positivity tends to bounce off.

SAY IT SLOWLY

Out loud or under your breath, at half your normal pace. **Speed is the anxious mind's tell** - slowing your own words is a quiet signal to your body that nothing is chasing you.