



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.