



# Affirmations for:

## Anxiety



This feeling is temporary.

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Feelings are not facts.

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I am doing the best I can.

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I have the skills to cope.

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I can embrace my anxiety.

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My anxiety does not hurt me.

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There is no real danger present.

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I can do things even while  
I am anxious.

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There are things in life I  
cannot control.

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I have people that love me that I  
can call on if I need support.

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These physical feelings I am  
experiencing will not hurt me.

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