

53 POSITIVE AFFIRMATIONS FOR ANXIETY RELIEF

- I am grateful for my life
- Being present is the best way for me to live
- The past is gone and the future is not yet here, the present is the only time I have
- I am thankful that I know I can handle everything that comes my way
- I have everything within me to solve any problem
- I love myself unconditionally
- I forgive myself
- I forgive those who have hurt me in the past
- I am safe
- I am in control of my mind and body
- I enjoy being calm and stress free
- I can handle anything that comes my way
- I am in charge of my happiness
- My thoughts are clear and focused
- I am a confident person
- I feel safe and calm knowing that everything works out for me in the best way for me
- I am open to receive the best that life has to offer
- No situation is too difficult for me to handle
- I have all the resources I need to overcome tough situations
- I've got this!
- I enjoy being relaxed
- It is safe for me to feel calm , relaxed and stress free
- I can do everything I set my mind to
- I enjoy the peace I feel
- I know that every tough situation is a chance to learn something valuable

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