

Affirmations for Anxiety

Even if I have a part of me that is anxious, it is only a part of me.

When anxiety arises I can meet it with a greater sense of being.

Even though I might get anxious I can return to calm.
Calm is my natural state even if I don't know it.

I am enough. I have always been enough.
I don't have to do more to be enough

I do not have to manage life to be safe and happy.
I can be safe and happy right now.

If I make a mistake I can recover from it.

Fear needs a future. I do not need to live in fear or the future.
I can face this moment, and then the next. One moment at a time is all I need and that is enough.

I might have anxious, fearful or depressed parts arise but I can move through these thoughts and emotions like waves, and I can come out through the other side.

I don't need to be hijacked by parts that take over what I see, hear or think. A bigger perspective is always available. I can move through to that bigger perspective at any time.

Each part of me, even anxiety and depression are operating out of the highest form of love they know.

At my core I am courageous, calm, compassionate, clear, curious and caring.

Even though I might not feel it, my bigger sense of Self is always here. It never leaves me. It is my birthright.

I can rest in my bigger sense of Self at any time.

I love myself just as I am.

When all parts are welcome, I am whole, I am free.