

# Positive Affirmations

If you catch yourself experiencing anxiety, use any of these phrases first, before going to your thinking trap:

**I breathe in relaxation, I breathe out tension.**

**I am in charge of my mind and body.**

**I am safe and in control.**

**I have the ability to overcome my anxiety.**

**My future will be what I choose to make it.**

**I deserve to be happy.**

**I survived this feeling before, I can do it again.**

**I am so much stronger than I realize.**

**This is only temporary.**