

POSITIVE AFFIRMATIONS

Gentle reminders to calm anxious or fear-based thoughts and shift negative self-talk into supportive, grounded clarity.



POSITIVE AFFIRMATIONS

I AM ENOUGH.

I'M DOING MY BEST AND THAT'S ENOUGH!

I PRIORITIZE MY WELLBEING.

I OVERCOME MY FEARS BY GETTING OUT OF
MY COMFORT ZONE.

I AM LOVABLE.

I AM WORTHY OF LOVE. I AM WORTHY.

I AM LOVE AND I AM LOVED.

I LOVE AND ACCEPT MYSELF.

I AM SAFE.

I AM CAPABLE. I AM AT PEACE. I AM
GROWING. I AM CONFIDENT.

I CHOOSE MYSELF.

I AM GRATEFUL. I APPRECIATE MYSELF.

I TRUST MYSELF TO MAKE THE RIGHT
DECISIONS.

EVEN WHEN ANXIETY IS LOUD, I CAN CHOOSE ONE
MANAGEABLE THING AND START THERE. I DON'T NEED
TO DO EVERYTHING AT ONCE.

MY WORTH ISN'T MEASURED BY HOW FAST I MOVE.
I'M ALLOWED TO PAUSE

I GIVE MYSELF PERMISSION TO TAKE UP SPACE.

I'M ALLOWED TO MAKE MISTAKES AS THEY HELP ME GROW.

I GIVE MYSELF PERMISSION TO BE WHO I AM,
FULLY AND KINDLY.

I AM CAPABLE OF HANDLING THIS.



STATEMENTS TO REDUCE OVERWHELM:

I don't have to solve everything at once. I move forward one steady step at a time

- "ONE STEP AT A TIME."
- "I BREATHE AND RELEASE."
- "I GIVE MYSELF PERMISSION TO SLOW DOWN NOW."
- "I AM CAPABLE."
- "I CAN HANDLE THIS, ONE STEP AT A TIME."
- "I CHOOSE WHAT MATTERS."
- "SMALL STEPS MOVE ME FORWARD."



AFFIRMATIONS FOR WHEN REPLAYING YOUR DAY CAUSES STRESS AND/OR ANXIETY.

- "I DID MY BEST IN THE MOMENT, AND THAT IS ENOUGH. I RELEASE WHAT I CANNOT CHANGE."
- "I DID MY BEST."
- "I RELEASE WHAT'S DONE."
- "I'M LEARNING AND GROWING."
- "IT'S OKAY, I'M ENOUGH."
- "I RETURN TO THIS PRESENT MOMENT."
- "THE PAST IS GONE."
- "I FORGIVE MYSELF TODAY."
- "I SHOW UP AUTHENTICALLY."
- "I GROW WITH PRACTICE."





AFFIRMATIONS TO HELP YOU TO FOCUS
ON WHAT YOU CAN CONTROL AND LET
GO OF THINGS WE CAN'T CHANGE:

INSTEAD OF: "I FEEL POWERLESS AND STUCK."

REFRAME TO: "I CAN USE THIS TIME TO WORK ON
MYSELF AND BUILD A FULFILLING LIFE." THIS EMPOWERS
YOU TO TAKE POSITIVE STEPS FORWARD

"I BREATHE AND RELEASE."

"THIS FEELING WILL PASS."

"THIS TOO SHALL PASS."

"I RETURN TO MY BREATH."

"I CAN HANDLE THIS
MOMENT."

"I AM CHOOSING TO
KEEP GOING."

"I CHOOSE MY MINDSET."

"IT'S OKAY TO FEEL."

"I AM GENTLE WITH MYSELF
TODAY."

"I MEET MYSELF KINDLY."

"I ALLOW MYSELF GRACE."

"I FOCUS ON ACTION."

"I AM LETTING GO OF THE
SITUATION."

"I REDIRECT MY ENERGY."

How to Use These Supportive Statements?

WHAT POSITIVE AFFIRMATIONS CAN DO?

01

THEY HELP CALM ANXIETY IN THE MOMENT.

Repeating a grounding or gentle affirmation sends a signal to your brain that you're not in danger. Over time, this can lower stress responses and help you think more clearly when you feel overwhelmed.

02

THEY INTERRUPT NEGATIVE SELF-TALK.

Anxiety and low self-esteem often whisper the same painful messages: "I can't do this."

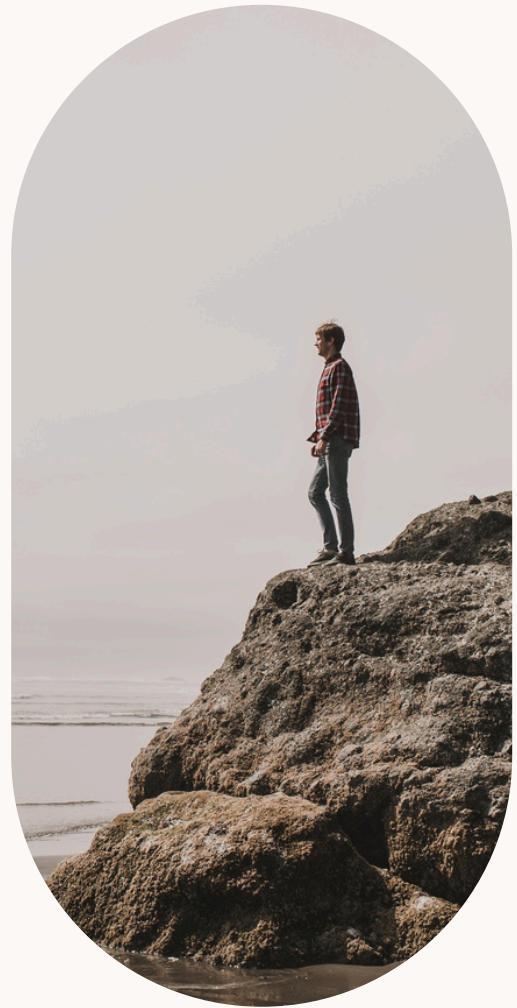
"I'm not enough."

Affirmations create a new voice—one that's supportive, steady, and on your side.

03

THEY REWIRE THINKING PATTERNS.

Your brain literally builds habits out of thoughts. Using affirmations consistently can help shift mindset from self-doubt to self-support.



04

THEY HELP YOU BUILD HEALTHIER SELF-ESTEEM.

Affirmations remind you of your strengths, your progress, and your worth—even on the days when you don't feel it. Small daily reminders add up.

05

THEY GIVE YOU SOMETHING TO REACH FOR INSTEAD OF SHUT DOWN.

When anxiety says, "Don't even try," an affirmation gives you a counter-message to lean on something that nudges you forward instead of freezing you.

06

THEY MAKE SELF-COMPASSION EASIER.

Many of us can be hard on ourselves without even realizing it. Affirmations teach you how to talk to yourself with the same kindness you'd offer a friend.

07

THEY SUPPORT REAL BEHAVIOR CHANGE.

Affirmations don't magically fix everything-but they make it easier to choose actions aligned with your goals:

- sending that text
- taking the first step
- setting a boundary
- showing up even when you feel nervous

They help your mindset work with you instead of against you.

08

THEY GIVE YOU A DAILY ANCHOR.

For people with anxiety, having a simple, repeatable tool can create stability and routine. Affirmations can be that daily grounding moment.



Ready to take the next step reach out for support services and/or join the anxiety to confidence program.

www.coreconnectionteletherapy.com

Confidence MasterClass

