



Anxietylab.org

3-4-5 Program Course

Affirmations

This is one of the most important tools in the anxiety reduction tool kit.

This is how to begin addressing whatever issue or behavior it is that needs to change or be accepted. The way to do this is by deciding that better and different thoughts need to be wired into the brain to replace faulty, self-defeating thoughts, feelings and behaviors which can be uncovered by thinking about how you are thinking.

Affirmations are difficult and inspiring; they are not just a pep talk.

Doing affirmations daily for a few months is an effective way to address hard truths. It is also a way to change negative thinking styles to eventually achieve what is called cognitive re-framing. The neuroplasticity of the brain makes this possible.

Years of negative thinking and feeling habits can make change and/or acceptance very difficult as the brain is now physically wired to respond and make you feel and think in those unproductive and unhappy ways.

Start with something like the statements below, then after keeping a log of your internal feelings and thoughts (journaling) and asking probing questions (metacognition), you'll know what affirmations to do for yourself and your first goal.

These are to be read every day and can change when your focus changes. This is an important step in changing how we think and feel which are the keys to anxiety and depression. This activates the vital power of intention. The affirmations are to be statements of belief about how we intend to change or

accept an unfortunate reality. Affirmations are difficult and inspiring; they are not just a pep talk. But it can also be a great way to gear yourself up for a big task like a break-up or other important and difficult life issues.

This is also where you begin to write a new narrative of your life.

Sample affirmations: for an Anxiety attack

I am not alone

I am here - that means I am getting help right now

Someone is helping me right now

I will get more help

This pain and anxiety are going to end – I'm taking the first step right now

I am safe

I can do this

I will be okay

I will not give up

I feel better already

I am my own container

I _____

I need to _____

I have to _____

I want _____