



AnxietyLab.org

3-4-5 Program

Sample Affirmations for general anxiety (2020)

This time will pass.

These disruptions will pass.

These disruptions may be a chance for me to make a change for the better.

I will not let a temporary emergency make me lose focus on my life goals.

I am strong and confident enough to meet this challenge.

I have faith in myself and my ability to get through a difficult time.

If I do what I believe is right, I will be okay.

I know I'll get through this time.

I promise myself I'll get more help if I need it.

I promise myself that I will take care of myself and my needs in a healthy way.

I want to be healthy and happy and am willing to work to achieve that.

Others are going through a hard time too, I am not alone.

I have lived through other emergencies and came out okay.

I believe I'll live through this and learn something positive.

I vow to learn something from this time.

If I can't help others during this crisis, I'll focus on improving myself in some way.

I understand life is unpredictable but that doesn't have to feel threatening.

Society has gone through these crises many times before.

Every generation has its problems.

I promise myself I'll focus on the positive whenever I can.

I promise myself I'll be safe and act wisely so I live through this crisis without worrying.

I do not have to worry if I act wisely.

I will not listen to news all day; I understand how destructive that is.

I promise to _____.

I understand _____.

I would like _____.

I need

_____.

I want

_____.

I feel better when _____

_____.