

# Self-Talk for Anxiety and Panic

## Directions:

Read these statements to yourself for 15 minutes, twice a day. You can also choose to read these statements into a recorder and play them back throughout the day as needed. Feel free to add your own on the back of this paper. The more you do it, the more they will stick.

A panic attack will not hurt me.

When I am anxious, I will slow down and accept the way I am feeling.

I no longer hurry through anxious situations or feelings.

I am able to feel the fear and do it anyways.

It is not my surroundings that make me feel the way I do, it is my own self talk that causes anxiety and panic.

More than ever, I pay attention to the way I talk to myself.

I no longer accept negative thinking as part of who I am.

When I notice negative thoughts coming into my mind, I quickly let these thoughts go and replace them with truthful, positive thoughts.

I understand that as soon as panic comes, it leaves all by itself.

I understand that these feelings cannot hurt me.

Panic is distressing but never dangerous.

Should I panic or feel anxious, I will remind myself that I am strong and capable.

I no longer run from these scary feelings. Instead I accept them for that they are and nothing more.

I will not lose control or go crazy. I am in control of myself and the thoughts and choices I want to make.

I am choosing to accept how I feel and not run from it anymore.

I am okay. I am normal and I am working on building a stronger, more confident self than ever before.

If panic comes, I will use my relaxation breathing methods and I will allow it to come and I will not fight it.

I accept how I feel no matter what. My feelings will not hurt me.

When I am feeling anxious or panicky, I will focus all my energy on the *"here and now"*.

I will stay in the present moment and notice everything good around me.

I do not care what others may think of me. I am allowed to be me without apology, guilt or shame.

Each time I panic and accept it, I am training myself to overcome it.

I am proud of myself and my accomplishments, no matter how small.

I am calm, positive, confident and self-assured.

What I feel in my body when I am anxious are only normal feelings that are exaggerated. They do not mean anything else is wrong or that something bad is going to happen.

My body is only bluffing me when I am anxious or panicky. I will let go and not fight these feelings.

Fighting anxiety and panic will only provoke more anxiety and panic. I no longer fight them but instead I welcome them.

I am confident and I am getting stronger everyday.

When I notice panic creeping in, I will make my body limp, accept and float with it.

I remind myself often that I am okay and doing well. I am healthy and strong.

When I notice anxiety or panic, I immediately and deliberately focus all my attention on things outside of myself. I notice others and their own humanity and imperfections. I sympathize with others.

I am not losing my mind, anxiety is a liar. That is a fact.

I will not entertain *"what if"* thinking unless it is positive and encouraging for me.

I will persevere and do whatever it takes to overcome this anxiety and panic. I take full responsibility for myself and my own recovery.

I no longer avoid situations because of the way I am feeling.

I have the power to control the thoughts I want to think. I think what I choose to think. If I don't like my thoughts, I can change them.

I no longer choose thoughts that negative or self-defeating. Instead I choose thoughts that are encouraging and helpful to me.

I am no longer afraid of anxiety or panic. They will not hurt me.