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## AFFIRMATIONS

An affirmation is a short, simple statement. They are used to bring you subconscious thoughts conscious. In other words, you take control of your way of thinking. Research has shown that human have around 50,000 thoughts a day. Using affirmations daily has been proven to increase positive thinking rather than negative. You can reprogram your subconscious mind just by repeating the same phrase on a regular basis. It is always best to keep the statements short, simple and easy to remember. Choose 1 or 2 and repeat, repeat and repeat some more.

Here are a few examples that you can use:

- I am breathing in relaxation and breathing out panic.
- I am releasing panic from my mind and body.
- I am safe and in control.
- With each breath I feel more relaxed.
- The feelings of panic are leaving my body.
- My mind is clearing and I am in control.
- I am freeing myself from stress.
- I am relaxing each part of my body.
- I breathe in relaxation, I breathe out tension.
- I am ridding my mind of negative thoughts and filling it with positive ones.
- I am more and more calm with each deep breath I take.
- I am attracting positive energy into my body.
- With each breath, I inhale strength and exhale fear.
- I become calmer and calmer with each breath I take.
- I am now in control. My body is calm.
- I am breathing in calmness and breathing out any stress.
- My feelings of panic are no more.
- I am okay and I am peaceful.
- I am letting go of any stress.
- I am releasing any worries.
- My body is feeling relaxed and at ease.
- All is well in my world.
- I am deep breathing any negative feelings away.
- Calmness is washing over me.
- I am relaxing my mind and body.