







## POSITIVE AFFIRMATIONS FOR ANXIETY DISORDERS

Having an anxiety disorder can be extremely debilitating and interfere with your quality of life significantly. If you've read any of my posts, you'll know that I have struggled with my own mental health difficulties and have been battling [Complex PTSD](#), Social Anxiety Disorder and panic attacks since my childhood. Since [moving away from medication](#) to cope with this, I've had to rely on other methods and techniques – with positive affirmations for anxiety being one of them.

Positive affirmations are a great tool for anxiety disorders because they help to restore confidence in yourself and allow you to overcome certain situations. I believe that one of the reasons they are so helpful is because they work with the [law of attraction](#) – where positive thoughts attract more positive experiences to your life.

I know all too well that it's not always this easy. But try your best to have faith in the process and the rewards will come in time. Unfortunately it's not an overnight process. Try to recite positive affirmations for anxiety daily, whether it's first thing in the morning, during meditation or before an anxiety provoking situation. Like everything else in life, consistency is key!

Related: [100 Self Love Affirmations to Build your Self Esteem](#)



