**50 De-Stress Affirmations Where One Might Help**

1. I am responsible and in control of my life.
2. Circumstances are what they are, but I can choose my attitude toward them.
3. I am becoming prosperous. I am creating the financial resources I need.
4. I am setting priorities and making time for what is important.
5. Life has its challenges and its satisfactions – I enjoy the adventure of life. Every challenge that comes along is an opportunity to learn and grow.
6. I accept the natural ups and downs of life.
7. I love and accept myself the way I am.
8. I deserve the good things in life as much as anyone else.
9. I am open to discovering new meaning in my life.
10. It’s never too late to change. I am improving one step at a time.
11. I am innately healthy, strong, and capable of fully recovering. I am getting better every day.
12. I am committed to overcoming my condition. I am working on recovering from my condition.
13. I can recover by taking small risks at my own pace.
14. I am looking forward to the new freedom and opportunities I’ll have when I’m fully recovered.
15. I am learning to love myself.
16. I am learning to be comfortable by myself.
17. If someone doesn’t return my love, I let it go and move on.
18. I am learning to be at peace with myself when alone. I am learning how to enjoy myself when alone.
19. I respect and believe in myself apart from others opinions.
20. I can accept and learn from constructive criticism.
21. I’m learning to be myself around others. It’s important to take care of my own needs.
22. It’s O.K. to be myself around others. I’m willing to be myself around others.
23. I appreciate my achievements, and I’m much more that all of them put together.
24. I am learning how to balance work and play in my life.
25. I am learning that there is more to life than success. The greatest success is living well.
26. It’s unique and capable person just as I am. I am satisfied doing the best I can.
27. It’s O.K. to make mistakes. I’m willing to accept my mistakes and learn from them.
28. I’m willing to allow others to help me. I acknowledge my need for other people.
29. I am open to receiving support from others.
30. I am willing to take the risk of getting close to someone.
31. I am learning to relax and let go. I’m learning to accept those things I can’t control.
32. I am willing to let others assist me in solving my problems.
33. When I love and care for myself, I am best able to be generous to others.
34. I’m doing the best I can as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (optional: and I’m open to learning ways to improve).
35. It’s O.K. to be upset when things go wrong.
36. I’m O.K. if I don’t always have a quick answer to every problem.
37. It’s O.K. to be angry sometimes. I am learning to accept and express my angry feelings appropriately.
38. I’m learning to be honest with others, even when I’M not feeling pleasant or nice.
39. I believe that I am an attractive, intelligent, and valuable person. I am learning to let go of guilt.
40. I believe that I can change. I am willing to change (or grow).
41. The world outside is a place to grown and have fun.
42. Worrying about a problem is the real problem. Doing something about it will make a difference for the better.
43. I am learning or willing to trust other people.
44. I’m making a commitment to myself to do what I can to overcome my problem with \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
45. I’m learning that it’s O.K. to make mistakes.
46. Nobody’s perfect – and I’m learning (or willing) to go easier on myself.
47. I’m willing to become (or to learn to become) self-sufficient.
48. I’m learning to let go of worrying. I can replace worrying with constructive action.
49. I am learning, one step at a time, that I can deal with the outside world.
50. I’m inherently worthy as a person. I accept myself just the way I am.