

Fear, Anxiety and Phobias Recovery Guide

Fear is a natural survival response, alerting one to possible danger. As soon as fear is recognized, the amygdala in your brain jumps into action. It alerts the nervous system, releasing hormones such as adrenaline. The cerebral cortex in the brain is affected, making it difficult to think clearly or make sound choices. The heart beats faster, blood pressure increases and breathing becomes rapid and shallow. Blood begins to flow away from the heart and into the limbs, preparing the body to fight or take flight.

Anxiety is a feeling of fear or dread about a possible threat or situation. It can be a normal response to stress, creating a hormonal response making one more alert or give the added energy to handle the situation. When overly engaged with anxious thoughts, the muscles tense. Over time, this can lead to chronic fatigue. With continual anxiety surrounding possible situations, it can affect one's memory, become harder to concentrate and to make sound decisions.

Anxiety disorder is when the feelings of anxiety do not go away, become excessive and interfere with daily activities such as concentrating, relationships, work, daily activities and enjoying life. Paranoia can take root when the person is constantly expecting that the worst outcome will happen.

Phobias are an intense fear of a specific object or situation, interfering with one's quality of life. Phobias are the most common type of anxiety disorder. Even though the person may realize their phobia is irrational, their mind and body still reacts as though a real threat is imminent.

STEP ONE

Skim through the entire document. If demons are currently oppressing you, be sure to read the section "If Demons are Actively Harassing You."

TYPES OF ANXIETY DISORDERS

Generalized Anxiety Disorder (GAD): Excessive worrying about ordinary stressors such as finances, work, relationships, health and death. The anxiety lasts for six months or longer and interferes with daily activities. It often occurs along with other anxiety disorders and depression.

Panic Disorder: Frequent, unexpected panic attacks. Sudden intense periods of fear or sense of losing control when there is no perceived danger. The person may feel disconnected from what is happening around them. Attacks can last several minutes or longer. The person may avoid similar situations, places or behaviors to avoid being triggered by another panic attack.

Phobias: An intense fear of, or aversion to, specific objects or situations. The fear is much greater than the actual danger.

Social anxiety disorder: An intense, recurring anxiety and fear of social or performance situations. They may be self-conscious and overly concerned they may embarrass themselves or that they are being negatively judged by others. This can lead to avoidance of social situations including the workplace, school, shopping, or anywhere people are gathered.

Separation anxiety disorder: Fear of being away from someone they are close to. They worry that something bad may happen to the loved one while away. They may become clingy as the anxiety increases when the person is about to leave.

Selective mutism: Person fails to speak in specific social situations, such as at school. Often associated with being extremely shy, withdrawn, clinging behavior, and temper tantrums.

Agoraphobia: An intense fear of two or more of the following situations. The person avoids these scenarios, feeling trapped, unsafe, fearful of having a panic attack or of being embarrassed.

- ~ Using public transportation
- ~ Being in open spaces
- ~ Being in enclosed spaces
- ~ Being in a crowd
- ~ Standing in line
- ~ Being alone outside of the home

Anxiety disorder due to a medical condition: Intense anxiety or panic directly caused by a physical health problem. Some medical problems associated with anxiety are: chronic pain, diabetes, heart disease, irritable bowel syndrome, respiratory disorders and thyroid problems.

Substance-induced anxiety disorder: Intense anxiety or panic that are a direct result of misusing drugs, medication side effects, being exposed to a toxic substance or withdrawal from alcohol or drugs.

STEP TWO

If you can, print out the three lists below. If not, have paper and pen ready to create your list to work from. Also include any of the types of anxiety disorders listed above that relate to you. Take a few long, slow, deep breaths. Prayerfully and slowly, go through the lists. Cross off any items that do not relate to you now or at any other time of your life. Write down or circle each item that relates to you. Include any recurring fears and anxious thoughts. Add others to your list that have not been mentioned.

After you have gone through the lists, then ask your Inner Spirit to show you any hidden fears and sources of anxiety; add those to your list. Others will likely be recalled over the next few weeks.

If any emotions begin to surface, pause and let them release. Full healing will come as the emotions are released. Make note of any painful memories associated with that item. Either stop and process that item right away or come back to it later. When you are ready, move on to Step Three.

COMMON PHOBIAS

Acrophobia (heights)	Agoraphobia (crowded or open space)
Aerophobia (flying)	Aquaphobia (water)
Arachnophobia (spiders)	Astraphobia (thunder and lightning)
Claustrophobia (confined spaces)	Coulrophobia (clowns)
Cynophobia (dogs)	Dentophobia (dentists)
Emetophobia (vomiting)	Fear of Driving
Hemophobia (blood)	Mysophobia (germs)
Nosocomophobia (hospitals)	Nyctophobia (the dark)
Ophidiophobia (snakes)	Phonophobia (loud noises)
Social Phobia	Trypanophobia (needles, injections)
Fear of Demons	Fear of Death

CAUSES OF FEAR, ANXIETY OR PHOBIAS

Anxiety Disorder	Avoidance
Brain Biology	Genetics
Body Chemistry	Learned Behavior
Past Life Experience	Depression
Horror, Crime Movies, Music Lyrics	Trauma
Environment	Hear about bad experiences (plane crash)
Stress Buildup	Some Health Conditions
Abuse	Withdrawn, Shy Personality
Mental Health Disorders	Medication Side Effect
Drug, Alcohol Abuse	Caffeine and Nicotine
Social Media	Conspiracy Theories

FEAR, ANXIETY AND PHOBIA SYMPTOMS

The following can happen when exposed to or just thinking about the fear.

Mistrust	Social Isolation
Fainting	Anxiety
Intense fear	Interferes with daily activities
Tense Muscles	Nauseous
Panic Attacks	Rapid heart beat
Sweating	Tight Chest
Breathing: Fast and Shallow	Intense Fear
Excessive or Irrational worry	Irrational belief
Restlessness	Unexplained aches and pains
Dizziness	Easily fatigued
Difficulty Concentrating	Moody
Headaches	Sleep Problems
Trembling	Tingling
Impending Doom	Feels out of Control
Rigid Body Posture	Uncontrollable Crying
Feel Weak	Nervousness
Digestive Issues	Suicidal Ideation
Depression	Problems Functioning at Work, School
Doubt	Fear of Abandonment
Feels Stressed / On Edge	Fear of Saying 'No'
Fear of a Specific Gender	Fear of Judgment / Disapproval
Fear of Death	Fear of Not Being Good Enough
Perfectionist	Fear of Success / Failure
Poor Quality of Life	Fear of Authority
Avoidance of situations due to fear or a repeated panic attack	
Add your specific fears that are not listed:	

STEP THREE

Quiet your mind and focus on just one item on your list. Ask your Inner Spirit to show you when this behavior or belief first began to manifest in your life. Ask to be shown the root cause that allowed you to take on this emotion, belief or habit. If you start to feel emotional, let them surface. Repressed emotions need to be expressed in order to be released. Ask yourself if this emotion, behavior or belief is still relevant in your life. Pray for help in seeing things from a new perspective so you can heal.

As much as you can, bring the trauma to closure by forgiving yourself and everyone else involved. To effectively keep this door closed, set steps in motion to keep this out of your life. That may include getting rid of items in your home, changing behaviors, letting go of certain people, seeking professional help, etc.

The goal is not only to heal all issues, but to also discover any “doors” that may be making you vulnerable to demonic interference. Most therapies don’t include the releasement of entities. Yet, without this important piece of the puzzle, one may not realize just how much they are being oppressed. A lot of fearful and anxious thoughts may not belong to you.

While working through this lesson, each day that you are able to come to a greater understanding and let loose of stuck energy, follow up with the Releasement Prayer in Step Four. This will bring you into closer union with Divine Love, allow you to heal deeper and hopefully stop any demonic interference.

Following are several suggestions to help you increase self-love, get to the core root of your trauma, release the emotional pain and make choices so that you can have a happy, fulfilling life. Healing from trauma is a lifetime process, but well worth the effort. Be sure to always balance your “inner work” with things that are fun and uplifting. Enjoy the journey to wholeness!

SUGGESTIONS TO HEAL FEAR, ANXIETY AND PHOBIAS

SELF-DISCOVERY

If you have demons tormenting you, keep in mind that the anxiety may be due to them. It is also understandable to be anxious when this happens since it seems to be out of your control.

- * Do online research to better understand your symptoms.

- * Use the Inner Child Healing meditation to talk to your inner child. Assure “hurt you” that you are of value. If you have mind fragments or sub-personalities, let them know they are needed for you to be whole. Help the fragments to heal the trauma by seeing the reality of the current situation.

theresacrabtree.com/inner-child/

- * Depending on the circumstances, take measures to expose yourself slowly to the phobia to begin to desensitize yourself. Enlist the help of a professional or a supportive friend.

- * Fear and anxiety are a part of life. Sometimes what causes us the greatest pain can become our greatest blessing. Try to keep a positive outlook as you change your weaknesses into strengths. Don’t be afraid to leave your comfort zone; there are better things waiting for you.

EMOTIONAL HEALTH

- * Be patient with yourself. The effects of trauma are often like layers of an onion, especially when the trauma began in early childhood. Healing takes time. Begin to peel off each layer and release what no longer serves you.

- * Be authentic. Train yourself to stop worrying about what others think or say about you. Remember that other people’s opinion about you is just that, their opinion. Don’t let others behavior define who you are. Their opinion does not need to be part of your reality.

- * Avoid movies, books, news, social media and activities that trigger panic attacks. However, these can be instrumental in helping you to desensitize a phobia.
- * Whenever the anxiety begins to build, take several long, deep breaths until you are calm.
- * Allow your emotions to surface. Then when you have a chance, pray and ask to be shown the root cause of what knocked you off balance. Also pray to be shown any false beliefs you adopted in order to cope.
- * Journal your feelings.
- * Reconnect with old friends, especially if you have isolated yourself.
- * Prepare for triggers. Notice your reactions when you have a flashback: tension, anxiety, break out in a sweat, heart racing, fear, etc. Train yourself to respond in a grounded, healthy manner. Here are a few ideas.
 - Tap or lightly pinch your arm to bring yourself to the current reality.
 - Pull yourself out of the past by looking around and note your current surroundings.
 - Talking out loud can be helpful such as state the current date and how old you are.
 - Observe your body sensations and emotions; note whether the fear is well-founded or irrational.
 - Consciously tense and relax specific muscles to relax your mind and help ease the tension.

MENTAL HEALTH

- * Keep your focus in the present. As soon as you notice you're dwelling on the past or future, immediately refocus on something that is more uplifting. At first this may be hard, but with practice, you will retrain your brain, and refocusing will become easier.
- * We are creative beings by nature. Expressing creativity increases one's interest in life and has many health benefits. Consider classes, meeting with like-minded groups in areas such as: writing, painting, drawing, creating music, arts and crafts or anything that you find interesting and uplifting.
- * Connecting with friends and like-minded groups can help distract from fears and worrying and also provide moral support.
- * When negative thoughts arise, refocus your attention. Don't get caught in a downward spiral.
- * When the old tapes start to play, counter them with positive affirmations. I have included several below for you to consider. Add more that fills your specific needs.
- * If you mess up, don't beat yourself up with guilt, shame or blame. Just admit that you don't like the choice you made and plan to do better.
- * Manage your time so that you don't create extra stress with self-imposed timelines.
- * Balance your work and recreational time so that you don't exhaust yourself.
- * Try the following if you have problems falling asleep due to worrying about things that need to be done. Before going to bed, write down the main priorities for the next day. Then let it go and focus on your breath once you get into bed.

PHYSICAL HEALTH

- * Engage in activities you enjoy.
- * Join dance or aerobic groups.
- * Get a massage or chiropractic care
- * Nurture your body with relaxing salt baths.
- * Avoid alcohol and drug use. Seek rehab if you can't stop.

- * Eat nutritious meals. Join a cooking class.
- * Get plenty of sleep.
- * Rest when you need, stay in tune with your body's signals.
- * Keep your body limber with gentle stretches.
- * Exercise at a gym or at home using online videos. Exercise releases endorphins and other feel-good chemicals, reduces muscle tension and can distract you from distressing thoughts.
- * Activities with rhythmic movement: dancing, drumming, marching, stretching, walking, running
- * Take walks in nature by yourself, with friends or groups such as bird watchers.

SPIRITUAL HEALTH

- * Start each day with prayer. Express love to the Creator and Jesus. Then be open to receiving love in return.
- * Express gratitude for the opportunity of another day on earth, even if things are currently rough.
- * Each morning, *feel* gratitude for at least three things in your life. You can do this in your mind or write them in a gratitude journal.
- * Ask for guidance and offer yourself in service to the needs of others.
- * Read scriptures daily to become more connected to God. Jesus offers tremendous advice on how to live a good, moral life in the New Testament of the Bible.
- * Consider subscribing to a site that sends daily scriptures to your email address.
- * Embrace comforting messages from the Bible and other writings. I have included several below.
- * Make the Nightly Prayer and Review part of your bedtime routine. Celebrate the things you did that increased your alignment with Divine Love. Look at your unsatisfactory actions and reactions. Without adding guilt or shame, come up with some ideas on how you can do better when a similar situation arises.
- * Incorporate the “Daily Spiritual Practices” into your daily routine.

You can download the Nightly Prayer and Daily Spiritual Practices at the bottom of my website.

SEEK SUPPORT

- * Reach out and create a safe support system. Talking about your experiences and feelings with someone who listens and validates your emotions can be incredibly healing.
- * Join a local church that has a group in your age bracket to build healthy friendships and build your connection with Jesus and God.
- * Join Anxiety Support Groups: You can find these locally or online.
- * If you have family members or close friends you can trust, develop a stronger relationship with them. Someone may recall an event that caused your phobia. Anxiety often runs in families. They likely have also had similar experiences and may have some good advice or feedback for you.
- * Join community groups that have like-minded interests. These can be found online, at your local community center and in the newspaper. The best place to make friends is by doing things you love with others who have the same interest.
- * If fear and anxiety are keeping you stuck, consider seeking help from a pastor. Many feel it is a weakness to seek help, yet sometimes a new perspective is what is needed to get past one's barriers.
- * A qualified therapist, especially one who specializes in anxiety disorder and phobias can help you uncover the source of the anxiety, help you heal the trauma, regulate your emotions and learn how to build healthy relationships. They can help you uncover imbalanced coping mechanisms and false beliefs. They can also help you discover if there are underlying causes such as a personality disorder that is complicating your life. Reach out for help. You deserve to have a life filled with joy and happiness.

STEP FOUR

When you have processed one or more of your circled items, adapt the prayer below as a way to announce your rejection of what has been released. Ask your Inner Spirit, which is your connection to the Creator, to give you the wisdom, courage and belief that you can break free from the fear, anxiety and phobias. Ask to be shown what you need to see or do so to change any behaviors and habits that are keeping you stuck. Admit to any choices you have made that do not reflect the person you want to be.

Even if you don't feel like you have any demons oppressing you, include the section on binding and casting out any demons. It's better to be safe than sorry. This prayer is designed to be used by people who have a relationship with Jesus and thus have the authority to use his name to cast out demons. If you feel certain that you are suffering from demonic oppression, now is the time to prayer to build a relationship with Jesus. You are going to want Him on your side!

If you are certain that you have demonic oppression, ask for the courage and faith that you have the authority to do. The demons know if you are afraid of them and if you don't have the belief or connection with Jesus. In those cases, they are not likely to leave. Repeat the prayer as many times as you need until you feel a release.

Warning!

1. If you are the parent or legal guardian of a child or adult whose mental capabilities are age sixteen or under, you can intercede for them and include them in the Releasement Prayer. However, do not use this prayer on anyone else. Otherwise, you may be picking a fight with demons that you have no authority over and no protection against.
2. If you have demons that are manifesting violently, it is suggested that you have someone with you when you do the prayer. You may want to fast and pray beforehand to weaken them and strengthen your courage which will help make the process go smoother. Review the "If Demons are Actively Harassing You" section below.
3. If you suffer from Dissociative Identity Disorder (DID) aka Multiple Personality Disorder (MPD), paranoia or schizophrenia, have someone with you when you do the prayer. Most split personalities begin when a person has a rebellious nature blended rejection trauma. Those two personalities may make it difficult to release the other personalities. When the split began during early childhood, one may have some identity issues arise as they begin to meld these personalities back into one.

FEAR, ANXIETY, PHOBIA RELEASEMENT PRAYER

Read through the prayer first so you know what is involved.

Then state the following out loud, with conviction.

"Dear Creator, I ask for full healing from all trauma that has resulted in fear, anxiety and phobias. Help me to see any new perspectives that will help me to more fully understand the situation in order for my healing to be complete. I admit that I have (name any offenses you have committed). I know this is against your will. I truly want to stop this behavior. Help me to fully forgive any who have or will consciously or unconsciously cause me pain or harm. I accept your promise of forgiving me to the same measure that I forgive others.

I make null and void any contracts or vows I have made with any and all demonic kingdoms, whether done consciously, ignorantly or that came as the result of demonic deceit. I give no consent for any demon power to continue to harass me, no matter how they have gained admission to my body, mind, emotions and will.

Holy Spirit, I ask that you show me anything else which I need to change, so that I (and my children) may be totally free from the consequences of any unwise choices I have made.

(Pause, while listening as the Holy Spirit leads you.)

Right now, in the mighty name of Jesus Christ, I call to attention every demon power that is in me, attached to me, coming, going or in free circulation or in any way connected in my life. Every demon power, you are now under the authority of the living, resurrected Lord Jesus. I bind you and command that you will not harm or harass me or anyone else associated with me. You will not hide, leave, call others to help or go to someone else. You will not split, divide, multiply, clone, fragment or pass your duties onto any other demon. Any parts of you that are in others or elsewhere, call them back now and unite as one, now. You are commanded to do so in the name of Jesus Christ.

You will repair any damage you have caused me (and those under my care). You will put everything back in order now, in the name of Jesus Christ. I command you to pack all your bags, take any equipment, implants, seeds, energetic debris, and completely pull up and pack any roots you implanted. Take it all with you. Gather your entire kingdom, ranks and all members of your groups connected to me and unite into one. Now, all of you, go directly into the abyss in the name of Jesus Christ.*

Completely and totally release from me now. All demon powers present, go into the abyss now, in Jesus Christ's name. That is a command. It must be obeyed. Go, now!" Michael, I request that you send your angels to be sure they go into the abyss.

By faith, I receive freedom from all demonic influences in my life, in the name of Jesus Christ. I thank you Father for sending your son, Jesus Christ, with the promise of forgiveness and deliverance from my unholy choices and demonic oppression. Amen."

** If you feel uncomfortable casting them into the abyss, command them to go to the feet of Jesus. They must be taken out of circulation, or else they may return to you or go to someone else.*

HOW FEAR, ANXIETY AND PHOBIAS “OPEN DOORS” TO DEMONIC INTERFERENCE

Humans are created with a physical body and a soul that includes emotions and a conscious mind able to make willful choices. These are what demons target. They have one main agenda, to pull humans away from a personal relationship with the Creator. Humans who do not build a personal relationship with the Creator fall prey to demonic snares. Below are some of the ways that humans unknowingly “open doors” to demonic interference related to our topic. It is important to note that if you are experiencing these things, that does not mean you have demons, because many of your thoughts, beliefs and behaviors are self-generated. Influences also come from the thoughts, words and actions of other humans.

Evil was not created by God; Evil is the effect of rebellion against God.

Unexplainable Phobias often come from repressed or forgotten memories. Many are learned behaviors resulting from watching the fearful reactions of others. Death experiences from past lives are at the root of many phobias such as fear of drowning, heights, confined spaces or even speaking one’s truth. Whether humans have past lives is debatable; demons can project thoughts and program historical events into a person’s mind which convinces them of such. Once a human takes on a fear, demons may project thoughts or manipulate dreams to increase the fear.

Environmental Fears can happen in any location. There may have been times when you entered a place and the energy felt very oppressive or frightening. This often happens in places where negative energy has been anchored. Some examples are battlefields and crime scenes. Places such as hospitals, funeral homes and cemeteries may create anxiety as a response to one’s own history or repeated emotional residue from others. Nightclubs, unholy ceremonial sites, porn shops and stores that sell dark occult merchandise may also feel oppressive. Many of these locations are hot spots for demonic activity.

Social Media is used widely by demons using human pawns. Conspiracy theories, fake news and even honest reporting of the news can create emotional responses such as rage and fear. Visual images of scenes such as human or animal cruelty creates emotional imbalance leading to grief, hopeless and depression. Unless you are an activist who is bringing positive solutions, it is best to avoid these sites.

Entertainment Industries have long been manipulated by demonic interference. These often produce brain-programming techniques that stir people to do unbelievable actions. Is it a coincidence that televised and internet shows are called “programs?” There is increasing evidence that humans involved in criminal activities were spurred on by horror movies, paranormal programs, crime magazines and violent video games. Demons have been “seen” coming out of TVs, computers and other electronics. Hollywood and the music industry are also tightly controlled by humans who are demonically oppressed. Greed, fame and pride are great motivators for both those behind the scenes as well as those behind the mic. Be very wary of what you watch, read and listen to. Your brain does not know the difference between reality and fantasy. It logs everything as “real.” Emotions and beliefs are attached to those memories and it is these that demons use to manipulate people.

Family History offers centuries of opportunities for demonic interference. Passing on stories such as generational bad luck, ill health or premature death can also create fear, especially when the hearer believes they are true and believes it will affect them. It is common for people who live in haunted houses to have demons follow them to future homes. Everyone has millions of ancestors. Assuredly, some of them were involved in criminal activities or the occult which may have opened doors that affect their descendants. Common instances are curses placed on the first born, contracts with the devil and oaths made through unholy alliances with individuals or organizations. If you sense there has been these types of activities in your heritage, ask me to send you the Breaking Ancestral Curses exercise which can help you to break free from these curses and contracts.

Medications, especially those affecting the brain's chemistry, can produce side effects that may resemble symptoms associated with demonic oppression. Many of my clients had demons gain initial access during altered states of consciousness, especially using specific drugs, including general anesthesia.

IF DEMONS ARE ACTIVELY HARASSING YOU

If you have completed the initial SoulCleanse, Breaking Ancestral Curses, Forgiveness and Soul Ties exercises and been casting off demons each time, any ones that are remaining will be clinging on tight. They will either hide or try to stop you from proceeding. Their usual tricks are to project threatening thoughts, nightmares, make your body move or feel like you are being touched in some way. You may feel their anxiety in your body such as a churning stomach or headache.

Those that remain may still feel they have a right to stay. Knowing, then renouncing, what the demon claims is their right is needed to cast them out. Ask Jesus to show you what that "right" is so that you can denounce it, then evict them. Until you are able to cast them out, ignore them as much as possible when you are not actively expelling them.

Allow yourself to dig deep so that you can discover and free yourself from the reasons that allow them to oppress you. They will do what they can to distract you whenever you try to work on your healing. One of their favorite tricks is to make the person feel very sleepy, exhausted or distracted.

You can help combat that by asking Jesus to give you the courage, faith, strength and guidance to combat them. Keep a good balance between doing the inner work and enjoying your life. The demons would love to keep you focused on them. Their hope is to wear you down so then can continue to manipulate you.

TOOLS TO WEAKEN DEMONS

*Each demon will respond differently to various methods.
Keep trying different ways until you find the ones that will work most effectively.*

* If you hear them saying things like, "You can't do this, I am too powerful, etc., quote Bible verses to show your authority to cast them out by the authority of Jesus.

* Mention the great miracles Jesus performed.

* Talk about passages where Satan was defeated in the Bible.

* Play and sing songs about Jesus or the greatness of God.

* Say "The Lord's Prayer," the 23rd Psalm or other Bible scriptures.

* Read or hold the Bible, reminding the demons that Jesus has authority over them.

* Pray and fast while asking for help to cast out the demons.

* Bind the demons, with conviction, out loud say something like, "You, demon who is poking me... sending nightmares... sending thoughts of suicide... (whatever it is doing), in the name of Jesus Christ, I bind you. You are commanded to stop that right now. Be quiet and be still." You may have to repeat it a few times. Then ignore them as best as you can.

* The goal is to cast them out, but if you still have some open doors, they won't leave. So binding is a temporary solution.

* Repeat the Releasement Prayer.

* Incorporate the Nightly Prayer and Review to help keep yourself free from demonic interference.

* If the demon tells you they do have a right to remain, ask it what that right is. If there is truth to what it says, then cancel that right by renouncing it, then cast the demon out. You will need to be sincere that you are stopping that belief, fear or activity, because the demons know if you are telling the truth. Do not have any further communication with them.

POSITIVE AFFIRMATIONS

I have survived my anxiety before. I will survive it now.
I am safe in the company of others.
I am in control of how I respond to challenges and setbacks.
I inhale peace and exhale worry.
I can relax my muscles and calm my mind.
I find joy in the little things.
I am not alone. I know where to turn for help when I need it.
I am grateful for who I am and what I've accomplished.
I don't have to prove myself to anyone.
I deserve to be here, and I deserve to be happy.
Perfection is a myth.
I release the past and embrace the present.
I release worry and know that this too, shall pass.
I am enough, exactly as I am.
I have done this before, and I can do it again.
I am strong, brave and capable.
I take things one day at a time.
This feeling is only temporary.
In this moment, I am safe and in control.
I let go and I am free.
I can handle whatever comes my way.
I can move past this moment.
I have so much to be grateful for in my life right now.
I act with confidence because I know what I am doing.
I am different and unique, and that is OK.
I am prepared and ready for this situation.
I can do this, I know I can, and I will.
I am here, I am now, and I am well.
I can handle anything that's to come.
I let go of what I can't change and do my best with what I can.
I have been through hard things before and have survived them.
I am worthy of good things.
All of my feelings are valid.
Everything that is happening now is truly for my highest good.
I believe in my ability to get through tough times.
The feelings in my body are normal and I fully accept them.
I have everything I need within me.
I am blessed, loved, and supported.

SCRIPTURAL COMFORT

Therefore, I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?
~ Matthew 6:25-27

Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. ~ Matthew 6:34

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid ~ John 14:27

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ~ Philippians 4:6, 7

I can do all things through Christ who strengthens me. ~ Philippians 4:13

And my God shall supply all your need according to His riches in glory by Christ Jesus. ~ Philippians 4:19

Let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.
~ Colossians 3:15

For God has not given us a spirit of fear, but of power and of love and of a sound mind. ~ 2 Timothy 1:7

Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. ~ 1 Peter 5:6-7

Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you. ~ Deuteronomy 31:6

I have heard your prayer, I have seen your tears; surely I will heal you. ~ 2 Kings 20:5

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go. ~ Joshua 1:9

I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety. ~ Psalm 4:8

Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.
~ Psalm 55:22

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. ~ Proverbs 3:5,6

Anxiety in the heart of man causes depression, but a good word makes it glad. ~ Proverbs 12:25

To everything there is a season, a time for every purpose under heaven. ~ Ecclesiastes 3:1

Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand. ~ Isaiah 41:10