

Anxiety self-statements

I'm willing to feel unsure right now	I want this to feel intense	I can handle this
I'm willing to feel anxious right now	Give me your best shot!	I can take a hit
Be scared and do it anyway	This is a good opportunity to practice	Seek out discomfort
Go toward what scares you	Risk losing something	I want this
Do the opposite of what anxiety expects	Seek out uncertainty	I must risk
Choose active over passive	I'm willing to feel clumsy and awkward	My job is to push forward