HELPFUL THOUGHTS ON FEAR, ANXIETY & UNCERTAINTY

RICKY BROWNE

Helpful Thoughts on Anxiety, Fear, & Uncertainty

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Dedicated to those who spend a lot of their time fighting dragons produced by their own imagination.

People often avoid making decisions out of fear of making a mistake. Actually the failure to make decisions is one of life's biggest mistakes.

— Noah Weinberg

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Preface

I struggled in my early adult life to get my shit together. It wasn't just the usual ups and downs—it was a constant undertow of fear, avoidance, and paralysis. Social anxiety hit me hard. I avoided people, decisions, opportunities—pretty much anything that stirred uncertainty. I convinced myself I was safer hiding from life than living it.

At one stage, things got worse. I began suffering terribly from intrusive thoughts—relentless, unwanted images and ideas that made me question myself. I didn't know how to stop them, and the more I tried, the more power they seemed to gain. I became stuck in a cycle of rumination and overthinking. I'd replay conversations, regrets, imagined futures—on loop. I worried constantly about things I couldn't control, wasting hours in mental battles I couldn't win.

It took time, and it took work. But things did change. In my mid-thirties, something shifted. Slowly, I began facing what I'd spent years avoiding. Not all at once, but bit by bit, I learned how to calm my mind, sit with discomfort, and show up for my life—even when it felt hard.

The thoughts in this book are part of that journey. They're the things I whispered to myself in tough moments. They're

reminders I still come back to. Some are affirmations. Some are mindset shifts. Some are just grounding truths I had to learn the long way.

I didn't write this as a therapist or a guru. I wrote this as someone who's been deep in it—and found a way through.

I'm not fearless now. But I'm not ruled by fear anymore.

And if you're where I was, I hope something in these pages helps you find your way forward, too.

— Ricky Browne

Authors Note

This book is a mixture of affirmations and aphorisms generated by ChatGPT with guidance and validation by me, and affirmations and aphorisms generated from writings of my own learnings and personal experience.

Introduction

This is not a textbook. It's not a cure. It's a companion.

If you've ever lain awake at night while your mind went on an adventure you didn't want to take... this book is for you.

What you'll find in these pages isn't revolutionary. It's reminders. Anchors. Gentle nudges back to reality—back to the breath, back to the body, back to a place where you're okay.

Each entry is short, and that's intentional. You don't need more to think about. You need something to *hold onto* when the storm starts.

Some pages might speak to you more than others. That's okay. You're not meant to digest this all at once. Pick it up, flip to a page, and take what you need.

You don't have to fix yourself. You're not broken. But you might be scared, or anxious, stuck, or tired—and that's human. That's where we begin.

I hope this book helps you feel a little more grounded, a little less alone, and a little more *you*.

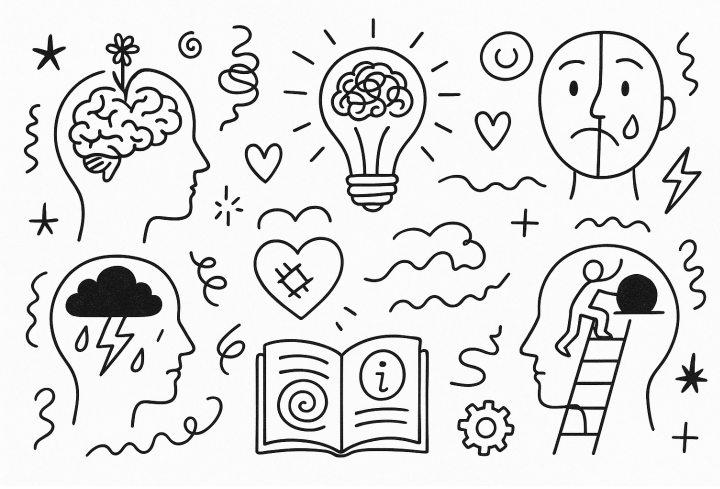
Let's begin.

— Ricky Browne

I

A - Z

A-C



A clutter-free space creates a calmer mind.

A cold shower or splash of water can disrupt panic.

A life of becoming is the constant realisation that you are capable of more than you imagined.

A mindful body scan helps ground me.

A short walk can clear my mind.

A simple sigh can release stress.

A simple stretch can release tension.

Accept chaos, do not fear chaos.

Action cures fear.

Action is my mantra, and I move forward with confidence, purpose, and determination.

Action is the bridge between my dreams and their manifestation; I cross it confidently.

Action, action, action.

Anxiety can be overcome by knowing that whatever happens, you'll be okay.

Anxiety does not define me.

Anxiety is a reaction, not a reality.

Anxiety is a sign I care, not a sign I'm failing.

Anxiety is reflection, just be in the moment, you have nothing to fear.

Anxiety lives in the future; peace lives in the now.

Anxiety takes you out of the now and puts you in your head, be brave, trust yourself, don't doubt, put yourself into the primordial mind-space.

Avoidance feeds anxiety; facing it weakens it.

Avoidance is a temporary escape; I choose to address and resolve my challenges.

Avoidance may be familiar, but growth happens when I step outside my comfort zone.

Avoidance may feel safe, but true security comes from facing life's uncertainties.

Avoidance may provide temporary relief, but proactive action leads to lasting change.

Avoidance only perpetuates fear; I choose to dissolve fear through courageous action.

Avoidance robs me of opportunities; I choose to engage fully in my life.

Be bold, carry out your mission, barriers are there to overcome, the obstacle is the path.

Be in the moment, dance with your fellow man, knowing judgement is guided by arrogance and not the rhythm of life.

Be planted into the earth, but sway with the wind, as to ensure you do not break, rigidity is a curse.

Be prepared for whatever the next moment brings, have courage.

Be prepared yes, but not so prepared you never take the leap.

Be the fool, the only real fool is the person who acts like he is not, we are all fools.

Be true to yourself and the path will become clearer.

Being vulnerable allows me to connect with others on a deeper level.

Being vulnerable deepens my relationships and creates trust.

Being vulnerable is an act of courage that leads to profound connection.

Boundaries protect my peace.

Box breathing (inhale 4s, hold 4s, exhale 4s, hold 4s) helps reset my mind.

Breaking a big task into small steps makes it manageable.

Breathe in calmness, breathe out tension.

Breathe.

By being vulnerable, I invite others to be vulnerable with me.

Cast out all fears and trust, do what makes you happy, do what improves you, do what is in your heart, become.

Certainty is what drives one insane.

Chaos is a catalyst for positive change, and I am ready to evolve.

Chaos is a natural part of life, and I trust in the order that emerges from it.

Chaos is a reminder that every challenge is an opportunity in disguise.

Chaos is a reminder that life is a dynamic, ever-changing dance.

Chaos is a symphony, and I am attuned to the harmonies within it.

Chaos is a teacher, and I am open to the lessons it brings.

Chaos is a teacher, revealing the impermanence and beauty of existence.

Chaos is the birthplace of miracles, and I trust in the magic it unfolds.

Chaos is the canvas of creation, and I am an artist of my destiny.

Chaos is the canvas on which I paint my resilience and adaptability.

Chaos is the fertile ground in which my resilience and courage grow.

Chaos is the raw material from which I shape my resilient spirit.

Chaos is the sculptor shaping the masterpiece of my evolving life.

Comfort kills all dreams and sets us up for an unfulfilled life.

Comfort kills.

Confidence is my natural state.

Connection is a dance of give and take, and I engage with others with generosity and kindness.

Connection is a source of strength, and I actively seek opportunities to connect with others.

Connection is an antidote to fear.

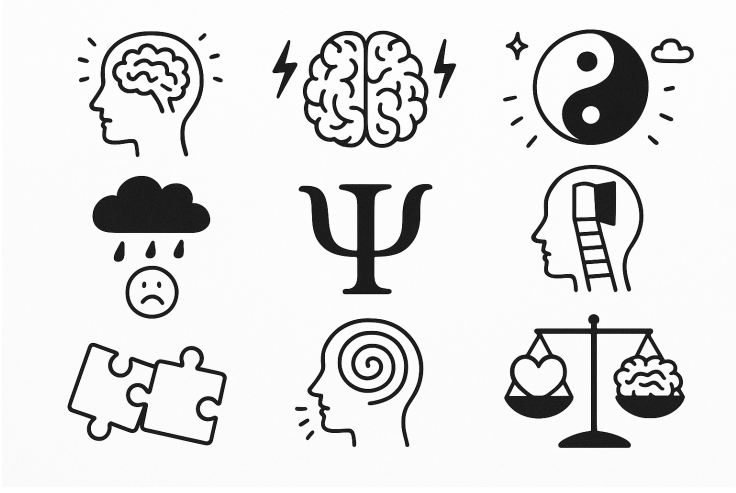
Courage is knowing you are capable of surviving whatever the situation throws at you.

Courage is knowing you can dance in the dark without the shadows consuming you.

Courage is not the absence of fear, but acting despite it.

Courage is not the absence of fear.

D-F



Deep breathing calms my nervous system.

Desire what you fear and its power will be taken away.

Do not fear chaos when it arrives, dance in that moment and trust your wits without second guessing you are witness to the universe unfolding on itself, trust it will not crush you, remain focused on the task at hand.

Do not fear people, let no man have too much power over you.

Do not fear your action, fear your lack of action, embrace constant failure and rejection as part of the process, not the end result.

Do not let fear keep you on the pillow.

Do you and do it well, fear is what stops you from being real, stop worrying what others think, and be you, your best self.

Doing something productive interrupts anxious thoughts.

Don’t worry what people think, worry about how you react to your perceived notion of what other people think.

Each day, I am becoming more fearless and confident.

Each day, I grow more comfortable in my own skin, authentically expressing who I am.

Each failure brings me closer to success as I refine and adjust my path.

Each failure is a valuable lesson that propels me toward greater achievements.

Each mistake is a lesson, guiding me toward a more compassionate existence.

Each scar tells a story of resilience and strength; I wear them proudly.

Each step I take in uncertainty is a step towards self-discovery.

Each step I take is a step away from fear and towards empowerment.

Embrace uncertainty.

Even small acts of bravery build my confidence.

Every breath I take fills me with peace.

Every breath I take soothes my nervous system.

Every challenge I overcome makes me more confident.

Every challenge is an opportunity to build resilience.

Every challenge makes me wiser and stronger.

Every day is a new adventure, turn your fear into excitement, say I'm excited.

Every day, I become more authentic and true to myself.

Every day, I become more trusting and trustworthy.

Every interaction I have contributes to the tapestry of connection in my life.

Every interaction is an opportunity to learn and grow in my relationships.

Every moment of uncertainty is an opportunity for growth and learning.

Every small action I take contributes to the larger picture of my success.

Everything changes, lean into moments that bring joy, that light up all shadows, that expand your world.

Everything is going to work out.

Everything is happening as it should.

Everything is happening for my growth.

Everything is temporary—including this feeling.

Exercise burns off excess anxious energy.

Exhaling longer than I inhale reduces stress.

Expose yourself to what you fear.

Exposure to fears in small steps builds confidence.

Expressing gratitude shifts my focus from worry to abundance.

Expressing vulnerability fosters understanding and empathy.

Expressing vulnerability is an act of self-love and self-acceptance.

Face your fears, familiarise yourself with what you fear, dive into it, you'll survive, over time you'll thrive.

Failure does not define me; it refines me and propels me toward success.

Failure does not define my identity; it refines my character.

Failure does not erode my confidence; it builds my determination.

Failure is a natural part of the journey towards achieving my goals.

Failure is a sign that I am pushing boundaries and challenging myself.

Failure is a teacher that helps me uncover my true potential.

Failure is a temporary detour, not a dead-end road.

Failure is an opportunity for growth, and I welcome it with an open heart.

Failure is an opportunity for resilience and adaptation; I welcome it with open arms.

Failure is not a reflection of my worth; it is a stepping stone to success.

Failure is not the end but a new beginning, filled with fresh possibilities.

Fear and excitement are the same thing from different angles, change your angle, jump into life.

Fear does not control me.

Fear God, not human interaction, whatever happens, you are capable, you've got this.

Fear is a passing emotion, but my inner strength is enduring.

Fear is a signal, not a stop sign.

Fear is a stepping stone to greatness, and I embrace the journey.

Fear is an illusion; my true essence is powerful and unafraid.

Fear is an opportunity for growth.

Fear is just a feeling; it will pass.

Fear is just excitement without breath.

Fear is only a feeling; it cannot hold me back.

Fear is temporary, but growth is permanent.

Fear kills action, want for the worst, its really not that bad, you'll realise you're more resilient than you imagine, that you can handle the chaos, and that you will not only survive but thrive.

Fear loses power when I face it.

Fear of God is far superior to a fear of people, for God wants the best for you.

Fear of judgment and failure will hold you back; let them judge. Fail, fail a lot; it's part of the process.

Fear of struggle is your problem with struggle, to be on top of struggle, is to be living your life and having fun.

Fear often exaggerates reality.

Fearing failure limits my potential; I choose courage and embrace the unknown.

Fearing failure robs me of the joy of exploration and discovery; I choose curiosity over fear.

Find ways to be alive.

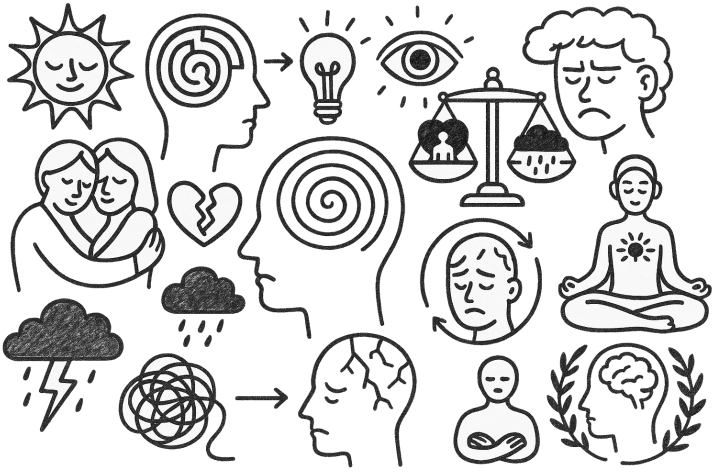
Focus on the present moment.

Focus on what you can control.

Focusing on my breath brings me to the present moment.

Focusing on what I can do reduces fear.

G-P



Get excited, live without fear, what will be will be.

Get excited. Feel anxious and worried? Get excited, look forward to the things you fear and you remove its power over you.

Get out there, live, sing, dance, make a mess, get down in the mud, get dirty, that's what showers are for.

Get outside your comfort zone, confront the unknown.

Get outside your head and into the moment, enjoy the present, flow comes when we stop reflecting.

Grounding exercises (like feeling my feet on the floor) reduce fear.

Growth comes through struggle.

Half the battle is just showing up.

Helping others can shift my focus from fear to purpose.

Hydration and nutrition impact my mental state.

I'm here with you.

If everything you want to do is in the future, you're a gonna man, gonna do this and that, do it, break it down, simplify, and repeat, don't let fear win.

Imperfections are opportunities for connection and shared experiences.

Imperfections are part of the human experience, connecting us in our shared humanity.

In acknowledging my shadow, I reclaim my authentic power.

In acknowledging my shadow, I reclaim my right to be imperfect and human.

In chaos, I discover hidden strengths and capacities within myself.

In chaos, I discover hidden strengths and untapped potentials within myself.

In chaos, I discover my capacity for spontaneous joy and creativity.

In chaos, I discover the strength of my core, unshaken by external turbulence.

In my brokenness, I find strength and resilience that I never knew I possessed.

In the face of uncertainty, I cultivate a resilient spirit that bends but never breaks.

In the midst of chaos, I find opportunities for growth and transformation.

It is okay to say no; my boundaries are important and deserve respect.

It is okay to take things one step at a time.

It is time to crush all doubts and know your worth and know your worthy.

It's all right to feel this way. it will pass.

It's okay to ask for help.

It's okay to feel what you're feeling.

It's okay to focus on yourself right now.

It's okay to let go of what you can't control.

It's okay to take a break.

It's okay to take a moment for yourself.

It's okay to take a step back.

It's okay to take things slow.

It's okay to ask for help.

It's okay to feel anxious sometimes.

Keep your head above water, and you will have better days ahead.

Knowing others have faced this and thrived reassures me.

Laughter reduces stress instantly.

Lean into your fear, want for the outcomes you fear most, then you will know your dragons are just shadows.

Let uncertainty be your muse.

Let's focus on something positive.

Let's take it one step at a time.

Letting go is sometimes the best option.

Life supports me in every way.

Life unfolds in its own way, whether I worry or not.

Live freely in every moment, knowing you are not the possessor of all answers and even the most feeble-minded will surprise and delight you.

Live on the line of order and chaos, genius contains madness, it has been touched by the void.

Living for others is living in fear.

Make every day an adventure, confront the dragon, save the princess, make a fool of yourself and you will grow and overcome.

Meditation trains my mind to handle stress better.

Mindful acceptance is more powerful than resistance.

Mistakes are learning experiences, not failures.

Most fears are folly, expose the folly.

Move toward what you fear, and you take away its power.

Moving my body interrupts anxious spirals.

Music can shift my mood instantly.

Nature has a calming effect on my mind.

Observing thoughts without attachment weakens fear.

Outside of your comfort zone lay abilities you don't yet know you have.

Paradoxical intention - desiring what you fear - let it come - you'll survive, you'll even thrive.

Peace is available to me at all times.

Perfection is not required for success.

Play today while building for tomorrow.

Play your thoughts out into the world.

Prior preparation promotes positive performance.

Progress is more important than perfection.

Progressive muscle relaxation reduces tension.

R-T



Reality has a crack in it, that's where the light gets in.

Reducing caffeine and sugar lowers anxiety.

Reframing fear as a challenge makes it easier to handle.

Relaxing my jaw and shoulders can reduce anxiety.

Remember to be kind to yourself.

Remember: the fear of something is always scarier than the thing itself. Yes, there is pain and rejection. But the greatest failure is to never risk at all.

Replace your fear with excitement, get amongst it, be free, and let the chips fall where they may; you'll be fine.

Resistance to fear makes it stronger; acceptance makes it weaker.

Right now, I am safe.

Saying no is an act of self-care, and I am entitled to take care of myself.

Seek out uncertainty.

Seeking support is a sign of strength, not weakness.

Sharing my struggles creates space for others to share theirs.

Simple acts of self-care reinforce my stability.

Sleep strengthens my ability to handle stress.

Slow, deep breathing helps shift me from fear to calm.

Small wins are still victories.

Social interactions are opportunities for connection and growth.

Social interactions are opportunities for me to learn and grow.

Social situations are opportunities for me to shine and share my light.

Socializing is a skill I am developing, and I am making progress every day.

Sometimes, you cannot avoid stress; you overcome it by moving toward action.

Spending time outdoors resets my perspective.

Start with I don't know, start with a beginners mind.

Struggling does not mean I am failing.

Surrounding myself with calm people helps me stay grounded.

Tackle your fears through wanting the worst thing that can happen to happen so you know you can survive it and thrive with it, expose yourself to what you fear.

Take a deep breath and let go.

Take a deep breath. you're going to be okay.

Take a moment to breathe deeply.

Take a moment to ground yourself.

Take a risk, trust the world, trust yourself, trust the process.

Take action today, be bold.

Take care, don't be careless, but find joy, get active, go live.

Take the leap.

Take things at your own pace.

Take your time; there's no rush.

Tension and relaxation cannot exist at the same time.

The acceptance of my shadow liberates me from self-imposed limitations.

The beauty of my soul shines through, unaffected by external judgments.

The beginners mind, you don't need all the answers to be competent, just follow your heart and stay open to the new.

The fear of failure is only a thought, and I have the power to change my thoughts.

The fear of judgment has no power over my self-esteem; I am unshakable in my worth.

The integration of my shadow allows me to live authentically and without pretense.

The integration of my shadow brings balance and harmony to my being.

The integration of my shadow empowers me to live with authenticity and depth.

The integration of my shadow is a sacred and ongoing process, unfolding with grace.

The judgments of others are like passing clouds; I remain anchored in my authenticity.

The judgments of others do not determine my self-worth; I am valuable just as I am.

The judgments of others do not dictate my self-worth; I am free from their influence.

The judgments of others do not reflect my true self; I am free to be authentic.

The judgments of others say more about them than they do about me; I choose compassion.

The more I connect with myself, the more authentically I connect with others.

The more I embrace the possibility of failure, the more I empower myself to succeed.

The more I honour myself, the more authentic connections I attract.

The more you know the more you become aware of your own ignorance.

The opinions of others are reflections of their own perspectives, not my inherent value.

The point of life is to live.

The power of my individuality is a force for positive change in the world.

The present moment is all that truly exists.

The shadows within me hold the keys to unlocking my deepest passions.

The shadows within me hold the seeds of transformation and renewal.

The strength of my character is not diminished by judgment; it is fortified.

The universe has my back.

The world is waiting.

The worst isn't that bad.

The worst-case scenario rarely happens.

There is nothing to fear, live your life, do your thing.

Things often work out better than expected.

Think then act.

This feeling is temporary.

This is just one chapter, not my whole story.

This moment doesn't define you.

This moment is temporary; I will get through it.

This too shall pass.

Thought without action is the cause of many maladies.

Thoughts are not facts.

Time brings clarity and solutions.

To be alive is to embrace the dance of uncertainty.

To be bold, to take risks does not mean you have to be reckless with your life or the hearts of others.

Today, I choose action over procrastination, moving confidently toward my objectives.

Tranquility flows through me.

True connection comes from being authentic, not from being perfect.

True knowledge is the awareness that you don't know shit.

Trust flows effortlessly through my interactions.

Trust is a gift I give to others and receive in return.

Trust is the bridge that connects hearts, and I build it with care.

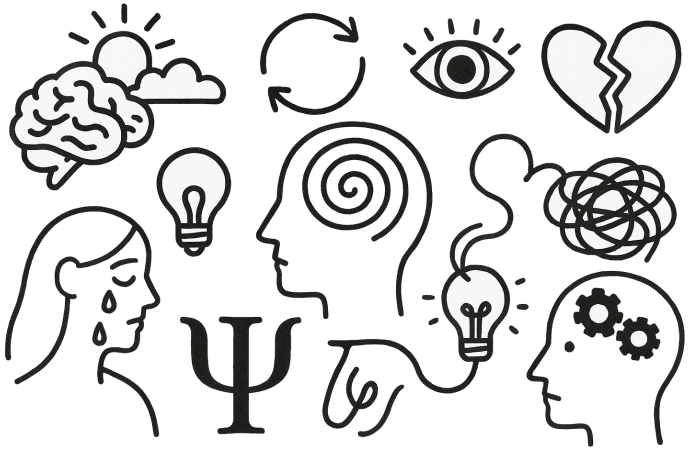
Trust is the foundation of my relationships.

Trust the universe, trust god, trust yourself, and get out there into the world, embrace failure as a lesson, and be part, take part.

Trust yourself.

Turn fear into excitement.

U-Z



Uncertainty allows for spontaneity and unexpected joys in life.

Uncertainty does not mean danger.

Uncertainty is a blessing, nobody knows, it is all about trust and faith, have trust and faith that you can.

Uncertainty is a blessing, seek it out, you can always come back home and rest your head when you are weary.

Uncertainty is a call to adventure, and I answer with enthusiasm.

Uncertainty is a doorway to creativity and innovation in my life.

Uncertainty is a friend, urging me to let go and trust the journey.

Uncertainty is a gift, allowing me to appreciate the beauty of the unknown.

Uncertainty is a natural part of life, and I choose to face it with courage.

Uncertainty is a playground for innovation, and I eagerly explore its potential.

Uncertainty is an opportunity to redefine and reinvent my path.

Uncertainty is an opportunity to rewrite the narrative of my life with courage.

Uncertainty is my ally, guiding me toward unforeseen adventures.

Uncertainty is the birth of true knowledge.

Uncertainty is the canvas of my life, and I paint it with courage and hope.

Uncertainty is the canvas upon which I paint the vibrant colours of my experiences.

Uncertainty is the playground of possibilities, and I play fearlessly.

Uncertainty opens the door to new possibilities and adventures.

Unknowing, be the fool, beginners mind.

Unshackle your horizons.

Vibrant, glowing, the unknown is where the gold is, be capable and you'll surely thrive.

Vulnerability allows me to connect with others in a meaningful way.

Vulnerability creates an atmosphere of genuine understanding and compassion.

Vulnerability is a catalyst for growth and personal development.

Vulnerability is the birthplace of creativity and innovation.

Vulnerability is the gateway to genuine connection with others.

Vulnerability is the key to fostering deep and lasting connections.

We all die but we don't all live.

Weave a dream into reality.

What if things go right instead of wrong?

What's meant for me will find me.

Worry does not serve me; I choose peace.

Writing down my worries helps me process them.

You are stronger than you recognise, courage is a recognition of inner strength.

You are a resilient person.

You are a strong and capable individual.

You are brave and strong enough to get through this.

You are brave and strong.

You are brave for facing this.

You are capable and resilient.

You are capable of finding peace.

You are capable of finding solutions to your problems.

You are capable of finding solutions.

You are capable of handling whatever comes your way.

You are capable of overcoming any challenge.

You are doing a fantastic job managing everything.

You are doing an amazing job.

You are doing better than you realise.

You are doing better than you think.

You are doing great, just as you are.

You are doing great, keep believing in yourself.

You are doing great, keep going.

You are doing just fine.

You are doing the best you can right now.

You are doing the best you can, and that's enough.

You are enough just as you are.

You are enough.

You are in a safe and supportive space.

You are in a safe space.

You are in control of your emotions.

You are in control of your own destiny.

You are in control of your thoughts and feelings.

You are loved and supported.

You are more powerful than your fears.

You are more than your worries.

You are not alone in this.

You are not alone; we're in this together.

You are not defined by this moment.

You are resilient and capable.

You are safe and in control.

You are strong and capable of handling this.

You are strong and resilient.

You are strong enough to overcome this.

You are stronger than you think.

You are stronger than your anxiety.

You are worthy of calm and peace in your life.

You can find calm within the chaos.

You can find calm within yourself.

You can find peace within yourself.

You can get through this.

You can handle whatever comes your way.

You do not hold the keys, the keys to you dancing with reality come into play when you are in the moment without reflection or judgement, it is liminality, the dance of life.

You don't need to be liked, have the courage to be disliked.

You have a lot of inner strength.

You have faced challenges before and overcome them.

You have faced difficult times before and succeeded.

You have no idea what tomorrow will bring, get excited about possibilities, don't fear tomorrow.

You have nothing to fear, nothing.

You have the ability to calm your mind.

You have the ability to find peace in this moment.

You have the ability to find your center.

You have the power to calm your mind.

You have the power to calm yourself.

You have the power to change your perspective.

You have the power to change your thoughts.

You have the power to create a peaceful mind.

You have the strength to find peace in this moment.

You have the strength to get through this.

You will thrive, if you confront the unknown with courage, do not let your fear rule.

Your feelings are valid.

II

I

I - Part 1



I accept failure as a natural part of the learning process.

I accept myself as I am.

I acknowledge and accept that I am beautifully imperfect.

I acknowledge my feelings without judgment and respond with compassion.

I acknowledge that my emotions may influence my perceptions, and I choose to respond thoughtfully.

I acknowledge the discomfort, but I don't let it dictate my actions.

I acknowledge the toxicity without allowing it to poison my spirit; I am resilient.

I allow life to unfold.

I am a beacon of authenticity, inspiring those around me to embrace their true selves.

I am a beacon of calm, radiating peace amidst life's unpredictable moments.

I am a beacon of calm, radiating peace even in triggering situations.

I am a beacon of clarity in my relationships, promoting open communication and connection.

I am a beacon of light, creating connections that bring joy and meaning to my journey.

I am a beacon of light, dispelling the darkness of fear.

I am a beacon of peace and stillness.

I am a beacon of positivity, and my light dispels the darkness of toxic interactions.

I am a beacon of trust and integrity.

I am a channel for love and clarity, transforming distorted views into opportunities for growth.

I am a channel for love and understanding, promoting connection in all my relationships.

I am a co-creator of my reality, and I choose to manifest positive outcomes.

I am a co-creator of my reality, choosing to shape it with clarity and understanding.

I am a co-creator of order within chaos, bringing harmony to my experiences.

I am a co-creator with the universe, embracing the unpredictability of my path.

I am a complex and multifaceted being, and I celebrate my diversity.

I am a conscious creator of my reality, shaping it with intention and authenticity.

I am a constant work in progress, and I accept and love myself in every stage of the journey.

I am a continual work of art, evolving and growing through my imperfections.

I am a creator of my destiny, shaping my journey based on my beliefs and values.

I am a doer, and I approach each task with enthusiasm and dedication.

I am a force for love and understanding, bringing light to every interpersonal challenge.

I am a genuine and authentic person, and I am proud of the person I am becoming.

I am a lifelong learner, valuing the lessons that each interaction brings.

I am a magnet for positive and harmonious relationships in my life.

I am a magnet for positive relationships, and toxic people naturally fade from my life.

I am a magnet for positivity, and fear has no place in my life.

I am a master of adapting to change, finding order in the midst of disorder.

I am a master of my emotions, and I choose to respond with calm and collected strength.

I am a master of my emotions, choosing love and understanding over frustration.

I am a masterpiece in progress, crafted with both light and shadow.

I am a mosaic of light and shadow, creating a unique and beautiful picture.

I am a proactive creator of my reality, taking intentional action towards my goals.

I am a proactive force for positive change in my community and beyond.

I am a proactive problem-solver, finding solutions and taking necessary steps.

I am a reliable and trustworthy friend.

I am a source of calm and positivity, diffusing tension in challenging situations.

I am a source of positivity and encouragement, fostering connections that transcend status and ego.

I am a source of positivity, and I do not allow toxic individuals to dim my light.

I am a source of positivity, and my energy attracts positive interactions.

I am a source of support for those around me, nurturing connections through empathy.

I am a trailblazer, forging my own way and inspiring others to do the same.

I am a trustworthy ally, and others feel safe with me.

I am a unique individual deserving of respect, regardless of others' expectations.

I am a unique individual, and I celebrate my individuality with pride.

I am a valuable and interesting person, worthy of connection and friendship.

I am a valuable and unique individual, deserving of respect and acceptance.

I am a valuable member of my community, contributing to the greater tapestry of connection.

I am a valuable member of social situations, contributing my unique perspective.

I am a valuable part of the interconnected web of life.

I am a warrior of the unknown, embracing chaos as a path to self-discovery.

I am a work in progress, and I accept that mistakes are a natural part of my journey.

I am a work in progress, and I embrace my imperfections with self-love.

I am a work in progress, and that is perfectly okay.

I am adaptable and can navigate through the unknown with grace.

I am allowed to prioritize my goals and aspirations without feeling selfish.

I am an action-oriented individual, turning my goals into reality through deliberate effort.

I am an individual with a unique voice, contributing to the world in my own special way.

I am an individual, free to live my truth and create a life that reflects my values.

I am anchored in my inner strength, unshaken by external uncertainties.

I am at ease in all situations.

I am at ease in social situations, and I am becoming more confident every day.

I am at peace with myself and the world around me.

I am at peace with the uncertainties of life, knowing they lead to growth.

I am attuned to the energies of those around me, creating positive and uplifting connections.

I am authentic in my communication, expressing my thoughts and feelings genuinely.

I am authentic in my relationships, creating deep connections.

I am authentic, and my authenticity attracts genuine connections.

I am authentic, and my authenticity creates a positive impact.

I am aware of my triggers and choose to respond with calm and understanding.

I am aware of the impact of my actions on the interconnected whole, choosing positivity.

I am aware that everyone has their own journey, and I approach interactions with empathy.

I am aware that my judgments may not reflect reality, and I actively seek truth and understanding.

I am aware that my past experiences may colour my perceptions, and I choose to see anew.

I am becoming more comfortable in social settings with each passing day.

I am becoming more relaxed and comfortable in social settings.

I am bold and fearless.

I am breaking free from the chains of avoidance and stepping into my power.

I am calm and at peace.

I am calm and confident in my abilities.

I am calm and relaxed.

I am calm, centered, and focused.

I am calm, centered, and in control.

I am calm, patient, and in control.

I am capable of achieving my goals.

I am capable of breaking the cycle of avoidance and creating a path of growth.

I am capable of finding solutions to my problems.

I am capable of handling any challenges that come my way.

I am capable of handling anything life throws at me.

I am capable of handling anything that comes my way.

I am capable of seeing the beauty and potential in each relationship, free from distortion.

I am comfortable in my own skin and proud of who I am.

I am comfortable with my authentic self, allowing me to engage in interactions with genuine sincerity.

I am committed to breaking free from the avoidance cycle and living a fulfilling life.

I am committed to breaking free from the cycle of distorted thinking in my relationships.

I am committed to continuous improvement, taking consistent steps toward my growth.

I am committed to creating boundaries that honor and protect my well-being.

I am committed to healing distortions in my relationships, fostering mutual understanding.

I am compassionate with myself as I break free from the pattern of people-pleasing.

I am confident and in control.

I am confident in expressing my opinions, even if they differ from others.

I am confident in my ability to handle any situation.

I am confident in my authenticity, knowing it is the source of my true power.

I am confident in my choices, trusting that they align with my authentic self.

I am courageous in sharing my thoughts, feelings, and experiences.

I am decisive and take swift action when opportunities arise.

I am deserving of kindness, understanding, and compassion, especially from myself.

I am deserving of love and acceptance just as I am, without the need for validation.

I am deserving of love and acceptance, even when I express my true opinions.

I am deserving of respect and acceptance, and I honor myself in all situations.

I am developing strong and meaningful connections with others.

I am doing my best, and that is enough.

I am empowered by my own self-love, immune to the fear of others' judgments.

I am empowered by the choices I make and the actions I take.

I am empowered by the uncertainty of tomorrow, for it holds infinite possibilities.

I am empowered to walk away from toxic relationships that do not serve my well-being.

I am empowered to walk my own path, guided by my authentic self.

I am evolving into someone who handles fear with wisdom.

I am filled with calm, peace, and serenity.

I am fine whatever happens .

I am flexible and resilient in the face of life's unpredictable twists.

I am free from the chains of toxic relationships; my spirit soars with newfound freedom.

I am free from the grip of anxiety.

I am free from the need to pretend or impress others.

I am free from the shackles of fear, allowing vulnerability to thrive.

I am free from the shackles of fear, and I choose courage.

I am free from the weight of unnecessary worry.

I am free from worry and stress.

I am free to be myself, and I give others the freedom to be themselves.

I am free to express the full spectrum of my emotions without judgment.

I am gentle with myself as I grow.

I am genuine in my actions, words, and intentions.

I am genuine, and I embrace the beauty of my authenticity.

I am genuine, and my authenticity is magnetic.

I am genuine, real, and true to my core.

I am grateful for the contributions of others and express my gratitude openly.

I am grateful for the interconnected journey of life, feeling deeply connected to all that is.

I am grateful for the peace and calm in my life.

I am grateful for the relationships that add richness and depth to my life.

I am grounded and centered.

I am grounded and centred, maintaining my inner peace even in challenging interactions.

I am grounded in the here and now.

I am grounded in the present moment, regardless of what the future holds.

I am grounded, centered, and confident in the face of uncertainty.

I am guided by my inner compass, making decisions aligned with my core values.

I am guided by wisdom and intuition.

I am healing with every passing moment.

I am honest, real, and authentic in all my interactions.

I am human, and humans feel fear.

I am immune to the toxicity of others; my inner peace is unshakeable.

I am in charge of my emotions.

I am in charge of my own happiness.

I am in charge of my reactions, and I choose responses that align with my highest self.

I am in control of my actions, and I choose those that align with my highest self.

I am in control of my actions, and I choose to face challenges with resilience.

I am in control of my breathing and my thoughts.

I am in control of my choices, and I choose authenticity over pleasing others.

I am in control of my mind and my life.

I am in control of my reactions, choosing responses that align with my well-being.

I am in control of my reactions; I choose peace over-reactivity.

I am in control of my thoughts and emotions.

I am in control of my thoughts, and I choose optimism.

I am in control of my thoughts, my emotions, and my destiny.

I am in harmony with myself and the world around me.

I am in harmony with the rhythm of life, feeling connected to the flow of the universe.

I am kind to myself in difficult moments.

I am learning and growing from every imperfection that I encounter.

I am learning, evolving, and thriving.

I am liberated from the chains of people-pleasing, and I embrace my freedom.

I am mindful of how my past may influence my present perceptions, and I choose to heal and grow.

I am mindful of my emotional boundaries, choosing to protect my peace.

I am mindful of my impact on others and strive to uplift rather than dominate conversations.

I am mindful of my thoughts and actively work to correct distorted perceptions.

I am mindful of the energy I bring to interactions, ensuring it is positive and uplifting.

I am more than the opinions of others; I am a complex and evolving being.

I am not a failure; I am a learner, continually evolving and improving.

I am not afraid to show my imperfections; they are a part of my unique charm.

I am not alone in my struggles.

I am not broken; I am a mosaic of experiences that shape my journey.

I am not controlled by the actions of others; I choose my responses with wisdom and clarity.

I am not controlled by the expectations of others; I am guided by my own values.

I am not defeated by failure; I am strengthened and motivated to try again.

I am not defined by how much I do for others; my value is inherent.

I am not defined by material possessions; my true wealth lies in the quality of my relationships.

I am not defined by momentary triggers; my strength lies in my ability to overcome them.

I am not defined by my failures; I am defined by my ability to rise after falling.

I am not defined by my intentions alone; my actions speak volumes about who I am.

I am not defined by my mistakes; I am defined by my ability to rise above them.

I am not defined by my mistakes; I am shaped by the lessons they teach.

I am not defined by my vulnerabilities; I am empowered by them.

I am not defined by others' expectations; I am true to myself.

I am not defined by others' opinions; I define my worth and value.

I am not defined by past social experiences; each moment is a new opportunity.

I am not defined by societal norms; I define my own path with authenticity.

I am not defined by the opinions of difficult people; I define my own worth.

I am not diminished by setbacks; I am expanded by the lessons they offer.

I am not here to conform to others' expectations; I am here to live my truth.

I am not my anxiety; I am stronger than it.

I am not my emotions; I observe them.

I am not paralyzed by the fear of failure; I am energized by the possibility of growth.

I am not responsible for fixing or changing toxic individuals; I focus on my own growth.

I am not responsible for the happiness of everyone around me; I focus on my own joy.

I am not responsible for the happiness of toxic individuals; I focus on my own joy.

I am not responsible for the thoughts and opinions of others; I am responsible for my own happiness.

I am not swayed by societal expectations; I create my own narrative with courage and conviction.

I am ok, everything is ok, things will work out

I am on a journey of self-discovery, embracing all facets of my existence.

I am open and honest about my thoughts, feelings, and experiences.

I am open to considering different perspectives, allowing for a more nuanced understanding.

I am open to constructive feedback but release the need to internalize baseless criticism.

I am open to feedback about my own distortions and actively seek self-improvement.

I am open to feedback, recognizing it as a valuable tool for personal and relational growth.

I am open to learning and growth while staying true to the essence of who I am.

I am open to learning from my triggers, understanding their root causes and lessons.

I am open to learning from others, recognizing that wisdom can come from unexpected sources.

I am open to receiving guidance and wisdom from the interconnected web of life.

I am open to receiving love and connection from the universe in various forms.

I am open to receiving support and understanding when I am vulnerable.

I am open to the adventure of navigating through the chaos of life.

I am open to the beauty that unfolds when I allow myself to be vulnerable.

I am open to the lessons and opportunities that uncertainty brings.

I am open to the transformative power of vulnerability in my relationships.

I am patient in challenging situations, allowing space for understanding to unfold.

I am present in this moment, creating a deeper connection with myself and others.

I am present in this moment.

I am proactive in addressing conflicts, fostering an environment of open communication.

I am proactive in creating positive change in my life and the lives of others.

I am proactive in maintaining a healthy balance between work and self-care.

I am proud of my journey, and I celebrate my growth without fear of judgment.

I am proud of my unique qualities and don't need to conform to please others.

I am proud of who I am, and I embrace my authenticity with open arms.

I am proud of who I am, regardless of what others may think or say.

I am relaxed and free from tension.

I am resilient and can overcome any obstacle in my path.

I am resilient and capable of handling difficult people with grace.

I am resilient in the face of adversity, and I overcome avoidance with determination.

I am resilient in the face of criticism, and I use it as an opportunity for self-reflection.

I am resilient in the face of discomfort, using triggers as stepping stones toward personal evolution.

I am resilient in the face of external pressures, staying true to my values with unwavering determination.

I am resilient in the face of judgment, standing tall in my truth.

I am resilient in the face of misunderstandings, knowing that communication can bridge gaps.

I am resilient in the face of toxicity, choosing my responses with wisdom and clarity.

I am resilient, adaptable, and capable of overcoming challenges.

I am resilient, and failure does not determine my future success.

I am resilient, and I bounce back from triggers with grace and self-love.

I am resilient, and I can handle whatever comes my way.

I am resilient, and I can overcome any obstacle by confronting it with courage.

I am resilient, and I grow stronger in the face of judgment, using it as fuel for my journey.

I am resilient, and I grow stronger through the challenges posed by difficult individuals.

I am resilient, and my imperfections do not define the entirety of who I am.

I am resilient, and vulnerability is a sign of my strength.

I am resilient.

I am responsible for my own emotions; I release the burden of blaming others.

I am safe and secure.

I am safe in this moment.

I am secure in my abilities and accomplishments; I don't need to seek constant validation.

I am seen, heard, and valued when I allow myself to be vulnerable.

I am strong and resilient.

I am strong, capable, and resilient.

I am stronger than any fear that tries to control me.

I am stronger than I was yesterday.

I am stronger than my avoidance tendencies; I choose to be proactive in my life.

I am stronger than my fears.

I am surrounded by a supportive community that uplifts and empowers me.

I am surrounded by calm and peace.

I am surrounded by love and support, dispelling any fear.

I am surrounded by love and support.

I am surrounded by people who respect and appreciate me for who I am.

I am surrounded by positive energy and love.

I am surrounded by supportive and understanding people.

I am surrounded by trustworthy individuals who support me.

I am the architect of my reality, and I choose courage over fear.

I am the architect of my relationships, building foundations of trust and understanding.

I am the architect of my success, building it one intentional action at a time.

I am the calm within the chaos, grounded in my inner strength.

I am the master of my thoughts, and I choose positivity.

I am true to my beliefs and stand firm in my values.

I am true to my dreams and pursue them with authenticity.

I am true to my passions, pursuing what sets my soul on fire.

I am true to my values, no matter the circumstances.

I am true to myself in every situation.

I am trustworthy, and my actions align with my values.

I am trustworthy, and others can depend on me.

I am unapologetically myself, and that is my superpower.

I am whole, including both the light and the shadow within me.

I am willing to question my assumptions and cultivate a more accurate understanding.

I am worthy of a calm and peaceful life.

I am worthy of all the success and happiness life has to offer.

I am worthy of love and acceptance just as I am.

I am worthy of love and connection just as I am.

I am worthy of love and respect.

I am worthy of love, and I attract positive and supportive connections into my life.

I am worthy of love, patience, and understanding.

I am worthy of peace and calm.

I am worthy of receiving trust from others.

I am worthy of self-love and acceptance, regardless of my perceived shortcomings.

I approach conflicts with a solution-oriented mindset, seeking resolutions that benefit everyone.

I approach conflicts with an open heart, aiming to understand rather than judge.

I approach conversations with curiosity, eager to learn from the experiences of those around me.

I approach each relationship with fresh eyes, allowing space for positive change.

I approach failure with curiosity, seeing it as a chance to discover new strengths.

I approach interactions with an open heart, letting go of judgments based on status or ego.

I approach interactions with humility, recognizing that everyone has unique strengths and experiences.

I approach my shadow with curiosity and compassion, not fear.

I approach my shadow with love, recognizing it as an essential aspect of my being.

I approach people challenges with empathy, seeking to understand and be understood.

I attract people who appreciate and celebrate my authenticity.

I attract people who appreciate and reciprocate trust.

I attract people who inspire trust and confidence.

I attract people who uplift and inspire me, creating a supportive network.

I attract people who value trust and authenticity.

I attract positive energy and repel negativity; toxic behaviour has no power over me.

I attract positive energy by staying true to my values and embracing my authentic self.

I attract relationships built on a foundation of mutual trust.

I attract trustworthy individuals into my life.

I believe in my abilities and trust the process of life.

I believe in my ability to handle anything.

I believe in the inherent goodness of people.

I breathe in courage and exhale fear with each breath.

I breathe in peace and exhale worry.

I breathe in relaxation and breathe out tension.

I can handle discomfort; it will pass.

I can handle this

I can learn to work with my fear, not against it.

I can prepare but not control everything.

I can trust myself to handle challenges.

I celebrate my accomplishments without seeking constant external validation.

I celebrate my uniqueness and find joy in expressing my authentic self.

I celebrate the beauty of diversity, recognizing that we are all on our individual journeys.

I celebrate the courage it takes to face failure and move forward.

I celebrate the diversity of perspectives and am confident in my distinct point of view.

I celebrate the shared human experience, finding common ground with those I encounter.

I celebrate the strength that comes from embracing vulnerability.

I celebrate the unique qualities that make me who I am.

I choose authenticity over conformity, embracing the freedom to express my true self.

I choose authenticity over people-pleasing, embracing my true self.

I choose authenticity over perfection in my interactions with others.

I choose courage over comfort, knowing that growth requires facing challenges.

I choose courage over fear.

I choose honesty over hiding, even when it feels uncomfortable.

I choose humility over arrogance, understanding that genuine connection requires openness.

I choose love over fear in every decision I make.

I choose peace over anxiety.

I choose peace over engaging in toxic interactions; my well-being is my priority.

I choose peace over worry.

I choose progress over stagnation, confronting difficulties with a positive mindset.

I choose relationships that value me for who I am, not just what I do for others.

I choose self-acceptance over the fear of rejection from others.

I choose self-compassion over the fear of external criticism.

I choose self-love over self-criticism, embracing all aspects of myself.

I choose the dance of life, I will not wait in the corner to be chosen

I choose to be calm and relaxed.

I - Part 2



I choose to be proactive in my choices, even when it feels uncomfortable.

I choose to be proactive in my relationships, fostering connection and understanding.

I choose to be real and authentic, even in the face of uncertainty.

I choose to be real, even if it makes me vulnerable.

I choose to be real, even when faced with challenges.

I choose to be true, honest, and authentic in every moment.

I choose to celebrate the success of others without feeling threatened by their achievements.

I choose to communicate assertively rather than reactively when faced with triggers.

I choose to connect with others on a human level, beyond the labels of status or titles.

I choose to connect with others through the genuine sharing of my experiences.

I choose to express my ideas without overshadowing or diminishing others.

I choose to focus on building my inner strength rather than seeking external validation.

I choose to focus on positive thoughts.

I choose to focus on solutions rather than dwelling on the negativity of difficult people.

I choose to focus on the joy of connecting rather than the fear of judgment.

I choose to focus on the now, not the past or future.

I choose to focus on the positive aspects of myself and let go of others' negative perceptions.

I choose to focus on the positive qualities of those around me, rather than magnifying negatives.

I choose to focus on the positive.

I choose to focus on the present moment rather than worry about what others may think.

I choose to focus on the present moment, letting go of distorted interpretations from the past.

I choose to focus on the strengths and virtues of others rather than their shortcomings.

I choose to focus on things that make me feel good.

I choose to focus on what I can control and let go of the rest.

I choose to focus on what I can control.

I choose to foster meaningful connections with those around me.

I choose to learn from my mistakes, turning them into stepping stones for progress.

I choose to let go of past traumas and not let them dictate my present reactions.

I choose to let go of the fear of judgment and step into the authenticity of my being.

I choose to let go of toxic relationships and create space for positive connections.

I choose to live authentically, fully embracing the richness it brings to my life.

I choose to live in alignment with my values, creating a life rich in meaning and purpose.

I choose to live in alignment with my values, guided by my authentic self.

I choose to prioritize my own needs and self-care without guilt.

I choose to respond to judgment with grace, understanding that everyone is on their own journey.

I choose to respond with peace, not react with fear.

I choose to rise above judgment and focus on my personal growth and well-being.

I choose to see failures as stepping stones on the path to success.

I choose to see my flaws as opportunities for self-improvement.

I choose to see the beauty in my scars, both visible and invisible.

I choose to see the best in others, fostering a positive and uplifting environment.

I choose to see the good in every situation.

I choose to see the good in people and trust their intentions.

I choose to see the humanity in others, acknowledging that we are all imperfect beings.

I choose to see the people in my life with clarity and empathy.

I choose to see triggers as opportunities for self-reflection and growth.

I choose to surround myself with those who uplift and support me, letting go of judgmental influences.

I choose to trust in the goodness of humanity.

I choose to uplift and support others, recognizing that success is more meaningful when shared.

I choose to view challenges as opportunities, even when they result in failure.

I communicate openly and authentically, creating a foundation of trust with others.

I create a mental space between the trigger and my response, allowing for mindful reactions.

I create a space of calm wherever I go.

I create my own order.

I create space for open communication and trust to flourish.

I cultivate a supportive network of friends and family who understand and respect my boundaries.

I cultivate an environment of trust in all my relationships.

I cultivate discipline and focus, enabling me to take consistent and purposeful action.

I cultivate empathy, understanding that everyone is on their own journey, facing their own challenges.

I deserve kindness from myself.

I deserve to live a life free from fear.

I do not fear chaos

I do not fear people; no man has too much power over me.

I don't have to believe everything I think.

I don't have to control everything to be okay.

I don't have to have it all figured out.

I don't need all the answers right now.

I embrace change as a path to growth.

I embrace diversity in my relationships, recognizing the richness it brings to my life.

I embrace my individuality and honor the uniqueness that sets me apart.

I embrace my true self and allow it to shine.

I embrace setbacks and hardship, and know through this process I am refined

I embrace the beauty of diversity in my relationships, celebrating differences rather than fearing them.

I embrace the darkness within me as a source of hidden wisdom and potential.

I embrace the discomfort that comes with growth, knowing it leads to positive change.

I embrace the diversity of social experiences, knowing each one contributes to my growth.

I embrace the power of action, knowing it is the catalyst for change.

I embrace the power of deep breaths to center myself when triggered.

I embrace the present moment with calm and confidence.

I embrace the stillness within me.

I embrace uncertainty and some chaos, through which I come alive and maximise growth.

I embrace uncertainty as a doorway to innovation and creativity.

I embrace uncertainty with confidence.

I embrace vulnerability as a strength, not a weakness.

I express gratitude for the lessons people's problems bring, knowing they contribute to my growth.

I express my thoughts and feelings openly and honestly.

I express my true nature fearlessly and with pride.

I face challenges head-on, knowing that avoidance only delays my growth.

I face my fears with confidence.

I find beauty in the diversity of connections that enrich my life experience.

I find calm within the storm, knowing that chaos is temporary.

I find joy in the little moments.

I find joy in the spontaneity that chaos brings to my journey.

I find peace in accepting that not everything is within my control.

I find peace in the midst of chaos, knowing that serenity resides within me.

I find strength in my uniqueness and use it as a catalyst for positive change.

I focus on cultivating positive energy in my life, minimizing the impact of toxic influences.

I focus on the present moment.

I forgive myself for my imperfections and mistakes; I am deserving of my own grace.

I forgive myself for past actions and use them as stepping stones to growth.

I forgive myself for past mistakes.

I forgive past betrayals and release the burden of mistrust.

I give myself permission to relax.

I give myself the grace to heal.

I grow through every challenge.

I handle stress with ease and grace.

I have everything I need within me to overcome this.

I have faith that things will work out for me.

I have overcome challenges before and will do it again.

I have survived every bad day so far.

I have survived every challenge before, and I will survive this.

I have the power to change my mindset.

I have the power to create positive outcomes, even in uncertain situations.

I have the power to overcome my fears.

I have the strength to move through difficult times.

I honor my emotions without letting them control my responses to others.

I honor my feelings and stay true to my emotions.

I honor my true feelings and express them with courage and vulnerability.

I honor my uniqueness and recognize that judgment cannot diminish my true essence.

I honor the duality within me and find strength in its balance.

I honor the interconnectedness of all beings, fostering a sense of unity in my heart.

I honor the trust others place in me and reciprocate it.

I honor the truth within me and express it with confidence.

I honor the wisdom of my intuition, trusting it to guide me on my unique path.

I honour my passions and interests, allowing them to shape my authentic expression.

I let go of comparison and embrace the beauty of my own unique authenticity.

I let go of fear and embrace the vulnerability of trust.

I let go of fear and welcome positivity into my life.

I let go of grudges and choose forgiveness, allowing space for healing in my relationships.

I let go of stress and embrace calm.

I let go of the fear of being judged for my vulnerabilities.

I let go of the fear of judgment and embrace my authenticity.

I let go of the need for perfection and embrace my imperfections.

I let go of the need to appear strong and embrace the power of vulnerability.

I let go of the need to be perfect; authenticity is more beautiful than perfection.

I let go of the need to control everything and allow vulnerability to unfold.

I let go of the need to control, allowing trust to thrive.

I let go of the need to fit in; I am authentic and stand out.

I let go of the past and focus on the present.

I let go of what no longer serves me.

I let go of worries and embrace the present moment.

I live with integrity, embracing my true values.

I love and accept myself fully.

I make order out of chaos.

I observe my thoughts without attaching to them.

I practice self-compassion and prioritize self-care to navigate challenging interactions.

I practice self-compassion, acknowledging that being triggered is a human experience.

I prioritize my own values and beliefs over the desire for external approval.

I radiate calm and serenity.

I radiate positive energy, attracting like-minded individuals into my life.

I radiate trust and integrity in all that I do.

I recognise that everyone has their strengths, and I appreciate the diversity of skills and talents.

I recognise the power of now, and I take immediate action toward my goals.

I release all anxiety and embrace tranquillity.

I release all fear and embrace the power within me.

I release all fear and welcome peace.

I release all fears and doubts.

I release all negative thoughts and embrace peace.

I release all tension and embrace peace.

I release all tension and stress.

I release anxiety about the future and focus on the present moment.

I release avoidance and embrace the journey of personal development with open arms.

I release fear and doubt, replacing them with the courage to take bold actions.

I release judgment and embrace understanding, deepening my connections with others.

I release judgment and shame, allowing my shadow to be a teacher and ally.

I release past betrayals and open my heart to trust anew.

I release past fears and live in the present moment with confidence.

I release past fears and step into my power.

I release resistance and invite my shadow to step into the light of awareness.

I release resistance to the unknown and surrender to the flow of life.

I release scepticism and embrace a mindset of trust.

I release self-judgment and embrace self-compassion for my mistakes.

I release tension and stress with each breath.

I release the belief that avoidance is a solution; facing challenges is my true strength.

I release the belief that vulnerability is a sign of weakness.

I release the burden of carrying the emotional weight of toxic individuals.

I release the burden of trying to please everyone; my authenticity is enough.

I release the burden of trying to please everyone; my authenticity is my strength.

I release the distorted perceptions that cloud my understanding of relationships.

I release the expectation of perfection and allow myself to learn and evolve.

I release the expectation of perfection and embrace the beauty of being human.

I release the fear of being judged and embrace my authenticity with confidence.

I release the fear of being judged and embrace vulnerability in my interactions.

I release the fear of being misunderstood and embrace vulnerability.

I release the fear of being misunderstood; I am free to be my authentic self.

I release the fear of being rejected for expressing my authentic self.

I release the fear of confrontation and approach difficult people with assertiveness and calm.

I release the fear of disappointing others; I prioritize my own well-being.

I release the fear of failure and embrace the lessons it brings.

I release the fear of judgment and allow myself to be seen and heard.

I release the fear of judgment and fully embrace my unique and authentic self.

I release the fear of judgment when expressing my true self.

I release the fear of judgment, knowing that my unique path is worthy of respect.

I release the fear of making mistakes; they are opportunities for growth.

I release the fear of my own darkness and welcome it as a catalyst for change.

I release the fear of rejection and allow myself to be seen.

I release the fear of the unknown and welcome the excitement of possibilities.

I release the fear of the unknown and welcome the thrill of unpredictability.

I release the fear of vulnerability, allowing for deeper and more authentic connections.

I release the fear that holds me back and embrace the courage to confront difficulties.

I release the grip of distorted expectations, allowing relationships to unfold organically.

I release the grip of fear, knowing that failure is a natural part of the journey.

I release the grip of old wounds, knowing that healing allows for healthier responses.

I release the habit of assuming intentions, opting instead for open and honest communication.

I release the habit of avoiding discomfort and welcome the lessons it brings.

I release the habit of overcommitting; I honour my time and energy.

I release the mask of pretense and show up authentically in every situation.

I release the need for a perfect plan and embrace the unfolding of my journey.

I release the need for a predictable future and embrace the mystery of life.

I release the need for absolute certainty and embrace the fluidity of life.

I release the need for approval from others; my worth comes from within.

I release the need for approval from toxic individuals; my self-worth is intact.

I release the need for closure from toxic relationships; my closure comes from within.

I release the need for comparison, understanding that each relationship is unique and valuable.

I release the need for constant recognition; my true worth is reflected in my character.

I release the need for control and embrace the beauty of the unpredictable.

I release the need for control and embrace the beauty of uncertainty.

I release the need for control and trust the flow of life.

I release the need for everything to make sense and embrace the mystery.

I release the need for external validation and find validation in my growth.

I release the need for external validation; my self-worth comes from within.

I release the need for immediate responses; I allow myself time and space to process triggers.

I release the need for perfection and accept the inevitability of occasional setbacks.

I release the need for perfection and embrace progress.

I release the need for perfection and take imperfect action with confidence.

I release the need for perfection in my relationships, recognizing that imperfections are part of growth.

I release the need for stability and embrace the dynamic nature of existence.

I release the need to assert my status and embrace the equality of all human interactions.

I release the need to be flawless and allow myself to be vulnerable.

I release the need to be liked by everyone; it's okay if not everyone approves of me.

I release the need to be perfect and allow myself to be authentic.

I release the need to be perfect; I am allowed to make mistakes and grow.

I release the need to be right and prioritize the value of maintaining positive connections.

I release the need to change others and focus on changing my reactions for the better.

I release the need to compare myself to others; I am enough.

I release the need to compare myself to others; I am on my own unique journey.

I release the need to conform and choose to be authentic.

I release the need to conform to others' expectations; I am true to myself.

I release the need to conform; my strength lies in living true to my own principles.

I release the need to constantly seek validation from others; I validate myself.

I release the need to control others' opinions and trust in the power of self-acceptance.

I release the need to internalize the negativity of toxic individuals.

I release the need to please others and stay true to myself.

I release the need to project my fears onto others, creating space for trust to flourish.

I release the need to prove myself and focus on creating genuine connections.

I release the need to seek approval; my self-worth is grounded in my authenticity.

I release the need to seek validation from difficult people; my self-worth is self-defined.

I release the need to seek validation from others and find validation within myself.

I release the need to take things personally and choose to see the bigger picture.

I release the pattern of avoidance and welcome the transformative power of facing my fears.

I release the power that others' actions have over my emotional well-being.

I release the shame associated with failure and embrace self-compassion.

I release the tendency to jump to conclusions, choosing patience and understanding instead.

I release the weight of judgment and walk confidently in the light of my own approval.

I release what I cannot control.

I respond to difficult situations with grace, understanding that everyone is on their own journey.

I see the potential for growth and positive change in all my relationships.

I seize the present moment with decisive action, leaving no room for regret.

I set and maintain healthy boundaries to protect my emotional and mental health.

I set healthy boundaries in my relationships, ensuring mutual respect and understanding.

I stand tall in the face of fear.

I surrender my worries to the universe.

I surrender to the flow of life, trusting that it will lead me to where I need to be.

I surround myself with positive influences, minimizing triggers whenever possible.

I surround myself with those who uplift and support me, minimizing the impact of negative opinions.

I take back my power from fear.

I take responsibility for my life, understanding that my actions shape my reality.

I trust and respect the perspectives of those around me.

I trust in my ability to connect with others on a genuine level.

I trust in my ability to handle any challenge.

I trust in my ability to handle any situation.

I trust in my ability to handle social situations with grace and ease.

I trust in my ability to make decisions even when faced with uncertainty.

I trust in my ability to navigate challenges while staying true to my authentic self.

I trust in my ability to navigate through uncertainty.

I trust in my ability to take meaningful steps even when faced with challenges.

I trust in my uniqueness, recognizing that it is a source of strength, not weakness.

I trust in the power of being true to myself.

I trust in the process of life and let go of fear.

I trust in the process of life.

I trust in the unfolding of my journey, knowing that each action propels me forward.

I trust in the universe to guide me.

I trust in the wisdom of my intuition to guide me through fear.

I trust in the wisdom of the universe, even when things seem chaotic.

I trust my ability to navigate through discomfort, emerging stronger on the other side.

I trust my instincts to guide me in choosing trustworthy companions.

I trust my instincts; if a relationship feels toxic, I have the courage to step away.

I trust myself to discern between genuine and untrustworthy individuals.

I trust myself to make sound judgments about people.

I trust myself to make the right choices.

I trust myself to navigate through life.

I trust myself to set healthy boundaries in relationships.

I trust others and allow them to be themselves.

I trust that authentic connections arise when I am true to myself.

I trust that being real is the key to genuine connections and fulfilling relationships.

I trust that by walking my own path, I contribute to the collective tapestry of human experience.

I trust that everything is unfolding perfectly.

I trust that everything unfolds as it should.

I trust that everything will work out for my highest good.

I trust that facing challenges head-on leads to greater self-discovery and strength.

I trust that honesty and openness strengthen my connections.

I trust that I am guided and protected by the universe.

I trust that I am surrounded by people who genuinely care for me.

I trust that in the midst of chaos, I find the seeds of new beginnings.

I trust that my authentic expression brings joy and connection to those around me.

I trust that my authentic self is more than enough.

I trust that my true self is worthy of love and acceptance.

I trust that others are more focused on themselves than on judging me.

I trust that showing my true self allows others to see and appreciate me.

I trust that showing my true self attracts the right people into my life.

I trust that the more authentic I am, the more fulfilling my life becomes.

I trust that the path ahead, though uncertain, is filled with opportunities.

I trust that the universe has a plan for me, even in times of uncertainty.

I trust that the universe is guiding me toward my highest good.

I trust that those who value me will appreciate my true self, not just my actions.

I trust that vulnerability is a pathway to authentic and fulfilling relationships.

I trust the ebb and flow of relationships in my life.

I trust the journey of building deep and meaningful connections.

I trust the process of connecting with new people.

I trust the process of life, knowing that it unfolds for my highest good.

I trust the unfolding of relationships in my life.

I value connection over perfection in my relationships.

I view failure as feedback, guiding me to refine my approach.

I walk through life with courage and grace.

I welcome all aspects of myself, including those I find challenging.

I welcome chaos as a dance partner, guiding me through the rhythms of life.

I welcome fear as an opportunity to grow and learn.

I welcome positive transformation.

I welcome the present with an open heart.

I welcome uncertainty as a chance to explore new aspects of myself.

I welcome uncertainty as an invitation to explore new possibilities.

I welcome vulnerability as a pathway to intimacy and connection.

I welcome vulnerability as an essential part of the human experience.



About the Author

Hi, I'm Ricky Browne.

For most of my early adulthood, I was stuck in a loop of anxiety, overthinking, and avoidance. Social situations terrified me. I avoided decisions. I let worry run my life.

Eventually, things got bad enough that I had to change—or lose myself completely. That led me on a long journey of self-discovery, recovery, and deep inner work.

I've spent the last decade learning how to quiet the noise, face my fears, and show up for life as it is—messy, unpredictable, and beautiful. This book is part of that journey. So is the work I do through *Level Up at Life*, my personal development project aimed at helping others move through uncertainty with greater awareness, calm, and strength.

Everything I create—my writing, my tools, my reflections—is designed to be practical, honest, and grounded in lived

experience.

I'm not here to sell you a perfect life. I'm here to walk with you through the imperfect one—and hopefully help you carry it with more presence, power, and peace.

You can connect with me on:
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