

Cardiophobia Calming Affirmations

Read these affirmations slowly whenever fear about heart symptoms appears. Take slow breaths while reading each line.

1. **“Is this a heart attack?”**
2. **“Or is this anxiety?”**
3. **“My mind is feeling scared.”**
4. **“Anxiety can create strong body feelings.”**
5. **“Anxiety can make my heart beat fast.”**
6. **“Anxiety can cause sweating.”**
7. **“Anxiety can cause fear.”**
8. **“Anxiety can make my chest feel strange.”**
9. **“The more I fear it, the stronger it feels.”**
10. **“These feelings can happen in anxiety.”**
11. **“I do not need to panic.”**
12. **“Let me stay calm for a moment.”**
13. **“My body is reacting to fear.”**
14. **“This feeling will slowly pass.”**
15. **“I have felt this before.”**
16. **“I am calming down now.”**
17. **“My breathing is becoming slow.”**
18. **“My body is becoming relaxed.”**
19. **“I am safe now.”**
20. **“I feel better now.”**