

# Jane O'Neill

## Energy Alignment Method Coach

Your Journey to Yourself



### Scripts for Anxiety

#### I am ready to release:

- Any feelings of anxiety
- Any feelings of dread, uncertainty or mistrust
- Any beliefs that something is wrong
- Any doubts
- Any patterns of seeing problems or challenges everywhere
- Any physical symptoms caused by anxiety
- Any impact on my mind
- Any emotional, mental or physical set points caused by anxiety

**I release all of this from my energy in all forms, on all levels and at all points in time**

#### I am ready to allow:

- Myself to feel strong, resilient, optimistic, hopeful, calm, relaxed, at ease
- I am at peace
- I trust in myself
- I trust my abilities
- I trust the process
- I trust that all is well in my life
- I know that all is well

**I allow all of this into my energy in all forms, on all levels and at all points in time**