

Anxiety VS. Truth

Use this worksheet to get unstuck using this simple process!!!
I forgive myself for believing (ANXIETY) the truth is I am (TRUTH).
Repeat the TRUTH affirmation.

"And you shall know the truth and the truth shall set you free" John 8:32

A diagram illustrating the process of moving from anxiety to truth. It consists of two rectangular boxes. The left box has a black outline and is empty. A black arrow points from the right side of this box to the left side of the right box. The right box has a pink outline and is also empty.

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