

45 Affirmations for Worrying about Things You Cannot Control

A moment to pause, reflect, and choose a useful next step.

1. My attention is useful where I have an actual role.
2. I do not have to think hard enough to control someone else's choice.
3. I can name the choice that belongs to another person.
4. I can recognise concern without assuming responsibility.
5. I can stop rehearsing the perfect persuasion.
6. My responsibility can remain within my actual role.
7. A possibility does not become a fact because I have imagined it repeatedly.
8. I can choose an informed source instead of collecting alarming guesses.
9. I can allow the people involved to provide their own information.
10. I can name the decision that belongs to someone else.
11. I can check whether I have supplied needed information.
12. I can choose where my own effort can help.
13. I can ask when an update is reasonable.
14. I can stop making promises on another person's behalf.
15. I can spend time on a responsibility I can influence.
16. I can focus effort where it can make a difference.
17. I can notice the limits of my influence honestly.
18. I can protect a personal need during the wait.
19. I can check whether my role is actually complete.
20. I can ask when a decision is expected.
21. I can be supportive without promising an outcome.
22. I can ask what preparation would actually change the situation.
23. A future event can remain uncertain while I handle today's responsibilities.
24. A worry can be written down without being treated as a prediction.

25. A difficult moment can be followed by a practical repair.
26. I can admit that a strategy is not helping and try a more suitable one.
27. I can notice when an old experience is influencing a new interpretation.
28. I can avoid giving advice that was not requested.
29. I can let another adult weigh their own options.
30. I can choose a useful task outside this uncertainty.
31. I can care about an outcome without keeping it in attention every minute.
32. I can check whether further information is available before searching again.
33. I can recognise the effort involved in having an honest conversation.
34. I can notice a need beneath my impulse to react.
35. I can appreciate a moment of connection without making it responsible for my whole mood.
36. I can recognise when company feels supportive rather than demanding.
37. I can set a boundary around repeated updates.
38. I can make plans that do not require control.
39. I can accept that caring does not create authority.
40. An unanswered message has more than one possible explanation.
41. A realistic contingency is different from rehearsing every feared outcome.
42. I can value the effort of responding thoughtfully under pressure.
43. I can leave an unhelpful imagined argument unfinished.
44. The next conversation can include clearer information about my needs.
45. I can carry forward one useful observation instead of replaying the entire event.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/worrying-about-things-cannot-control-affirmations/>