



## ILLNESS ANXIETY DISORDER (IAD) AFFIRMATIONS SHEET

**"I RECOGNIZE THAT MY HEALTH CONCERNS ARE ONLY A PART OF MY LIFE, AND THEY DO NOT DEFINE MY WORTH OR IDENTITY. I AM A MULTIFACETED INDIVIDUAL WITH UNIQUE STRENGTHS AND ABILITIES THAT EXTEND BEYOND MY HEALTH ANXIETIES."**

**"I HAVE FAITH IN MY BODY'S NATURAL ABILITY TO FUNCTION PROPERLY AND TO COMMUNICATE WITH ME WHEN THERE IS A GENUINE HEALTH CONCERN. I TRUST IN MY BODY'S WISDOM TO ALERT ME WHEN NECESSARY, ALLOWING ME TO TAKE APPROPRIATE ACTION."**

**"I LET GO OF THE CONSTANT NEED FOR REASSURANCE FROM OTHERS AND CHOOSE TO TRUST MY OWN JUDGMENT. I BELIEVE IN MY ABILITY TO MAKE INFORMED DECISIONS ABOUT MY HEALTH AND WELL-BEING."**

**"I REMAIN OPEN TO THE IDEA THAT NOT EVERY PHYSICAL SYMPTOM OR SENSATION IS A SIGN OF A SERIOUS ILLNESS. I ACKNOWLEDGE THAT OUR BODIES CAN EXPERIENCE VARIOUS SENSATIONS, SOME OF WHICH ARE BENIGN AND TEMPORARY."**

**"I AM ON A JOURNEY TO FIND PEACE IN THE FACE OF UNCERTAINTY. I UNDERSTAND THAT LIFE IS FILLED WITH UNKNOWN, AND I'M COMMITTED TO LEARNING HOW TO NAVIGATE THESE UNCERTAINTIES WITH GRACE AND RESILIENCE."**

**"I AM IN OPTIMAL HEALTH, AND I NURTURE MY WELL-BEING WITH CARE AND POSITIVITY."**

**"THERE IS NOTHING WRONG WITH MY HEALTH; I AM A FORCE TO BE RECKONED WITH, READY TO CONQUER ANY OBSTACLE THAT COMES MY WAY."**

**"I AM A CHAMPION OF WELLNESS, AND I HAVE THE POWER TO CONQUER ANY HEALTH-RELATED CHALLENGE."**



*Development 360 Academy*  
**For Total Self Development**

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**"I AM THE CAPTAIN OF MY HEALTH JOURNEY, AND I STEER IT TOWARD A FUTURE FILLED WITH STRENGTH AND RESILIENCE."**

**"I AM THE AUTHOR OF MY HEALTH STORY, AND I CHOOSE TO WRITE A NARRATIVE OF VITALITY AND STRENGTH."**

**DISCLAIMER: THE INFORMATION PROVIDED IN THIS SHEET IS FOR SELF-HELP AND INFORMATIONAL PURPOSES ONLY. IT IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL OR PSYCHOLOGICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU BELIEVE YOU MAY HAVE AN ILLNESS ANXIETY DISORDER OR IF YOUR HEALTH ANXIETY IS SIGNIFICANTLY IMPACTING YOUR LIFE, IT IS CRUCIAL TO SEEK GUIDANCE FROM A QUALIFIED MENTAL HEALTH PROFESSIONAL.**