

True Thoughts MP3s Subliminal Script

Stress Reduction Subliminal Script

I am free of stress
I think about positive events
I look forward to my future
I dwell on good events in my life
I am calm with everything I do
I control my stress level
I lower my tension consciously
I am relaxed
I respond to others calmly
I am calm in every situation
I relieve stress in positive ways
Every breath I take releases tension
I keep myself in positive environments
I keep my calm when feeling stress
I eat healthy during stressful times
I release anxieties towards others
I am easygoing
I make decisions easily during stress
I calm my mind easily
I am happy and relaxed