

I HATE THIS STRESSED FEELING

Even though I hate this stressed feeling, somehow I can forgive and love myself
Even though I hate this feeling of being stressed all the time, somehow I can forgive myself
Even though I hate this stress, and what it does in my life, somehow I can forgive and love myself

I hate this stress
I hate being so stressed
I hate having so much stress
I hate feeling so stressed
I hate being so stressed out
I hate that I have to deal with so much stress
I hate being stressed all the time
I just need a break
I just wish I could get a break

I want to be over all these feelings about hating this stress

I hate being so stressed all the time
It totally affects my whole life
This stress affects my whole life
This stress affects my performance at work
This stress affects how I feel about my work
This stress affects my home life
This stress affects my relationships with my family
I hate how this stress affects my whole life
I hate how this stress affects all of me

I want to be completely, 100% over how much I hate this stress and how it affects my whole life

I hate being so stressed all the time
All this stress affects not only my work and home life, but also every other aspect
This stress affects my social life and my recreation—any source of play or fun
This stress affects how and what I eat
This stress affects my sleeping and waking habits
This stress affects my personal relationships
This stress affects my physical health and mental health
I hate how this stress affects my life
I hate how this stress has infiltrated every aspect of my life

Somehow I will be completely 100% over how this stress has infiltrated my whole life

There is not a single aspect of my life that this stress has not touched
I hate being so stressed
I just want to let go of this stress
I just want to catch a break
And not feel so stressed all the time
What a change to my quality of life if I wasn't so stressed
It would mean so much change in my life, to be able to release all this stress
Somehow I can release these feelings of stress in my life
Somehow I can find a way to de-stress and relax and enjoy my life