

COPING STATEMENTS

- "This feeling isn't comfortable or pleasant, but I can accept it."
- "These feelings are just a reminder to use my coping skills."
- "I can handle these symptoms or sensations."
- "This isn't an emergency. It's OK to think slowly about what I need to do."
- "This isn't the worst thing that could happen."
- "I don't have to do this perfectly. I can allow myself to be human."
- "It doesn't really matter what others think."
- "I'm going to go with this and wait for the anxiety to decrease."
- "This is an opportunity for me to learn to cope with my fears."
- "I'll just let my body do its thing, This will pass."
- "There's no need to fight this. Although it's uncomfortable, it's just adrenaline and will pass."
- "I'll ride this through - - I don't need to let this get to me."
- "I deserve to feel OK right now."
- "I can take all the time I need in order to let go and relax."
- "I've survived this before and I'll survive this time, too."
- "There's no need to push myself. I can take as small a step forward as I choose."
- "I can do my coping strategies and allow this to pass."
- "This will be over soon. Keep focused on the present and externalize."
- "This anxiety won't hurt me - even if it doesn't feel good."
- "This is just anxiety - I'm not going to let it get to me."
- "Relax and go slowly. There's no need to push right now."
- "Nothing serious is going to happen to me."
- "Fighting this isn't going to help - so I'll just go with it and let it pass."
- "This will be over soon."
- "These are just thoughts - not reality."
- "I don't need these thoughts - I can choose to think differently."
- "This isn't dangerous."
- "So what."