

Coping Statements

Read the following statements to see which of them helps you feel better:

I'm going to be all right. I know my feelings are not always rational. When I calm down I will see things more clearly. I will get through this.

Right now, I have some feelings I don't like. They will disappear when I relax and calm down. They are already disappearing. I will be fine.

Anxiety is not dangerous, but it is very uncomfortable. I will feel better if I do something. I think I'll take a walk.

When I think about the bad things that happened to me, I can't stop thinking about what I should have done. Over and over, I can't think of anything else, and I know that is not healthy. I am going to STOP those thoughts and focus on something else - something more positive.

I have stopped negative thoughts before and I'm going to do it again now. I am becoming better and better at stopping negative thoughts.

I can change from negative to positive thinking to cope with my problems better. If I can't change anything about the situation, or do anything to make it better, it does no good to keep worrying about it.

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Even though I wish I had done things better, I did the best I could do at that time. I know I am not perfect and I can't expect to never make a mistake. In fact, no one else is perfect, either.

So I feel a little anxiety now. SO WHAT? It's not the first time. I will take some nice deep breaths and keep on going. Deep breathing will help me relax and get better.

I will look forward instead of backward. I have learned from what happened in the past, and I am slowly moving in a better direction, with new goals. Sometimes good things can come out of hard times.

Coping with anxiety may seem hard now, but it gets easier as I practice controlling my thoughts. I will get better and better at it.

Choose one of the coping statements above, or make up one to use during your recovery:

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<http://anxietynetwork.com/helpcope.html>