

list of coping thoughts

- “This situation won’t last forever.”
- “I’ve already been through many other painful experiences, and I’ve survived.”
- “This too shall pass.”
- “My feelings make me uncomfortable right now, but I can accept them.”
- “I can be anxious and still deal with the situation.”
- “I’m strong enough to handle what’s happening to me right now.”
- “This is an opportunity for me to learn how to cope with my fears.”
- “I can ride this out and not let it get to me.”
- “I can take all the time I need right now to let go and relax.”
- “I’ve survived other situations like this before, and I’ll survive this one too.”
- “My anxiety/fear/sadness won’t kill me; it just doesn’t feel good right now.”
- “These are just my feelings, and eventually they’ll go away.”
- “It’s okay to feel sad/anxious/afraid sometimes.”
- “My thoughts don’t control my life, I do.”
- “I can think different thoughts if I want to.”
- “I’m not in danger right now.”
- “So what?”
- “This situation sucks, but it’s only temporary.”
- “I’m strong and I can deal with this.”