

Coping Statements

This feeling will pass.

This feeling is not comfortable but I can handle it.

I can feel anxious/sad/angry and still deal with the situation.

I got through this before; I can get through it again.

This will not last forever.

I am safe.

This is difficult but temporary.

I can use my coping skills to get me through this.

In a few hours this will be a memory.

When this is over I'll be glad I did this.

I am not in any danger. I am safe. This is just my body's response to a trigger.

I am not alone.

This is a normal physical reaction, which will pass.

I can do this.