

Coping Statements

Nothing is permanent. Everything is just a phase in time

I trust in my ability to deal with tricky situations

I have been through tough times before & survived

I am strong & capable

There are no failures, only trial runs

I can do this, or I can at least try

People are more worried about themselves

I am not defined by the thoughts of others

I choose to honour my emotions by allowing them space

I choose to value my heart by opening myself up to love & new experiences

I choose to enrich my soul by speaking words of truth, kindness & self-compassion

My emotions are valid

I am loveable

My opinion matters

I am worthy of healthy & positive relationships

I am capable of doing hard things

Even though I may not feel it now, things will get better

I am worthy of healing and recovery

I can focus on the present moment

My anxiety does not define my worth as a person

I am not alone in this

This feeling is normal

My body is trying to protect me

I can allow my anxiety to pass

I can watch my thoughts and emotions without buying into them

I do not judge my emotions or thoughts

I will be okay

I take one step at a time

I am learning to take each day as it comes

My emotions & anxiety do not define me

A bad day does not equal a bad life

Not all thoughts are true

This feeling will not last forever