

Coping Statements

Anxiety can make us talk to ourselves very unkindly. When you find yourself talking to or about yourself less kindly than you would treat a friend, try replacing your thought with a coping statement instead.

Coping statements acknowledge our anxiety and how we're feeling but also acknowledge that we CAN do this.

Here are some to get you started:

- **I'm anxious, but I can manage**
- **This feeling will pass**
- **I've done it before, I can do it again**
- **It's okay not to be okay**
- **Mistakes are like teachers, they're how I learn**
- **Anxiety feels horrible but it won't hurt me**
- **I am more than my anxiety**
- **I chose not to engage with these thoughts**

add a few of your own