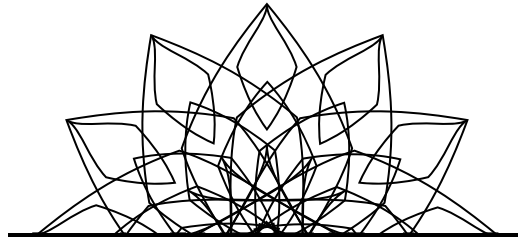


# Coping Thoughts

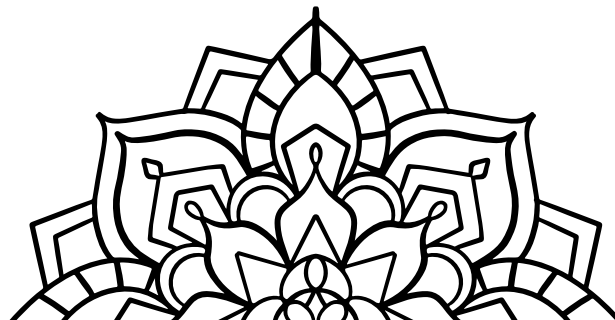


Select options from the list of new coping thoughts you can use to shift your thinking. Find a few that you would like to practice. Use them for a week and then come back to find a few more.

- This situation will not last forever.
- I can be anxious, but I can also handle this.
- I am strong enough to handle anything.
- This is an opportunity to practice being calm.
- I can ride this out and not let it trigger me.
- I can take all the time I need right now to go relax and let go.
- I've survive other situations I can get through this too.
- My anxiety/fear/sadness/anger won't kill me; it just feels very uncomfortable right now.
- These are feelings and and they will eventually change.
- It's okay to feel sad/anxious/afraid/angry sometimes, but I need to take care of it.
- My thoughts don't control my life, I do.
- I'm not in danger.
- This situation sucks, but it is temporary.
- I'm strong and I can deal with this.
- Can I challenge these thoughts?
- I need a break, I can feel myself getting upset.
- I can keep my cool.
- Remaining calm is my superpower.



- I can do a breathing technique to calm myself down.
- I can be peaceful.
- I can go out and find something to be joyful about.
- Mistakes happen, nobody's perfect.
- This situation won't last forever.
- My feelings are like waves that come and go.
- I have used a good skill in situations like this before.
- I can forgive this person for how they are acting.
- The person I'm dealing with right now must have a lot going on.
- If this person is pressing me, they must be looking for a fight.
- I refuse to allow someone else to trigger me, I'm going to find a way to take care of myself.
- I am taking back my control by walking away.
- I can do this.
- It is natural to feel stress in certain moments, there is nothing wrong with me.
- I will not always react perfectly, but I can take time away and then come back to try to solve this problem.
- It is not weak to problem solve.
- Maybe I can listen to this person.
- I should ask questions to clarify.



Create your own coping thoughts.

If you are continually finding yourself in a situation where you feel stress and you cannot remove yourself from the situation, you can work on a coping thought specific to that situation that can help you get through it.

For example, I had a job and at one point I felt frustrated about how things were being run. After much soul searching, I realized that I did not want to take over and run the place where I worked. I wasn't even sure if I could. But I decided that I wanted to keep the job, but only use it as a means to get money. I enjoyed what I did most of the day, so it was not unbearable, but I found a coping thought to help me through times when I was frustrated.

My mantra was, "I can see that things are chaotic, but I do not need to control this, I'm going to relax and let things play out whoever they do and enjoy the parts of my job that I love."

Here's how you can do this:

Sit alone and explore the situation you are in. Is the best choice for you to leave that situation? What are the benefits of this situation? Is the situation temporary?

Really decide if you can tolerate the situation with just a mantra or coping thought.

Decide which part of the situation is hard and write:

"I know \_\_ (the hard part of the situation) \_\_\_\_ is happening, but I am going to do \_\_ (coping skill) \_\_\_\_ instead of \_ (negative reaction) \_\_\_\_\_ and see if it helps me work through these feelings."

You can also combine multiple coping thoughts from the lists on the previous pages.