



## COPING THOUGHTS

Stop, and breathe, I can do this

This will pass

I can be anxious/angry/sad and still deal with this

I have done this before, and I can do it again

This feels bad, it is a normal body reaction. It will pass

This feels bad, and feelings are very often wrong

These are just feelings, they will go away

This won't last forever

Short term pain for long term gain

I can feel bad and still choose to take a new and healthy direction

I don't need to rush, I can take things slowly

I have survived before, I will survive now

I feel this way because of my past experiences, but I am safe right now

I'm stronger than I think

It's okay to feel this way, it's a normal reaction

Right now, I am not in danger. Right now, I'm safe

My mind is not always my friend

Thoughts are just thoughts. They are not necessarily true or factual

I will learn from this experience, even if it seems hard to understand right now

This is difficult and uncomfortable, but it is only temporary

I choose to see this challenge as an opportunity

I can use my coping skills and get through this

I can learn from this and it will be easier next time