

Affirmations and Coping Statements

Affirmations and coping statements can be a powerful tool to balance, counter or replace negative or fearful thoughts with positive statements that promote self-worth and self-efficacy

- ★ I accept myself as I am.
- ★ I am a capable person.
- ★ I am a good and caring person.
- ★ I am doing the best that I can.
- ★ I am good enough.
- ★ I am valuable because I am human, alive and unique.
- ★ I can be anxious and still deal with this situation.
- ★ I can do my coping strategies and allow this to pass.
- ★ I can handle my feelings and sensations.
- ★ I can handle these symptoms or sensations.
- ★ I can make a difference in the world.
- ★ I can relax and let go of tension.
- ★ I can take all the time I need in order to let go and relax.
- ★ I deserve to feel O.K. right now.
- ★ I don't need these thoughts – I can choose to think differently.
- ★ I have confidence in myself.
- ★ I've survived this before and I'll survive this time, too.
- ★ There's no need to push myself. I can take as small a step forward as I choose.
- ★ These are just thoughts – not reality.
- ★ This anxiety won't hurt me – even if it doesn't feel good.
- ★ This feeling isn't comfortable or pleasant, but I can accept it.
- ★ This is an opportunity for me to learn to cope with my fears.
- ★ This isn't an emergency. It's O.K. to think slowly about what I need to do.
- ★ This isn't the worst thing that could happen.

Remember keep them:

- Personal
- Present Tense
- Positive



How To Use:

- ✓ Say them before bed or after waking up
- ✓ Use them with relaxation techniques
- ✓ Use as needed throughout the day
- ✓ Write them on cards or “post-its” and place them where you will read them.
- ✓ Create an audiotape and listen when you need them