



## Coping Statements: *Positive Affirmations*

Anxious people often make the anxiety worse by telling themselves things such as “What if the car breaks down; this is going to be a disaster.” These thoughts actually reduce our ability to cope.

The best way to cope with a difficult situation is to tell yourself things that help you calm down and stay grounded. Focus on the moment, rather than thinking about what might happen in the future.

Below is a list of coping statements to prepare you for difficult situations. You can add others that work for you. Print out the statements you find helpful on a small card and carry it with you.

1. **I have coped with situations like this before and survived.**
2. **I just have to find a path through – I don’t have to fix everything, perfectly right away.**
3. **I can try to find someone else to handle part of this.**
4. **This is only going to last a little while longer – I can handle a few more minutes.**
5. **Anxiety is uncomfortable but it won’t kill me.**
6. **Worrying doesn’t change anything. It only stresses me and wastes my time.**
7. **There isn’t time to do everything perfectly. I need to prioritize and accept that many tasks can be done “good enough.”**
8. **If I avoid things, my anxiety will get worse. If I fight anxiety, my life will get better.**
9. **Saying no is hard, but I’m not going to be a doormat for others to walk on.**
10. **A little anxiety is OK, it’s harmless; I can ignore it.**
11. **I will start feeling less anxious if I hang on and think about other things.**
12. **Breathe.**

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