

DBT
Coping
statement
Flash Cards



I CAN GET
THROUGH
THIS
SITUATION

ACCEPTANCE
IS NOT
WEAKNESS

IN ORDER TO
CHANGE,
FIRST I NEED
TO ACCEPT

I CAN AND
WILL LET GO!

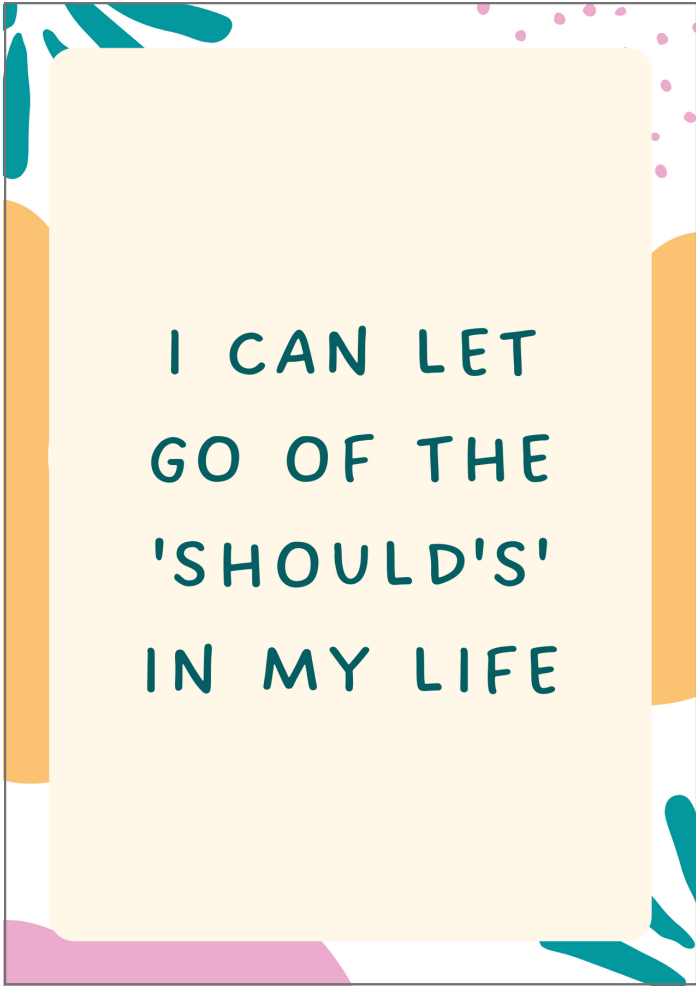
I ACCEPT
REALITY AS
IT IS

THE PRESENT
IS WHAT IT
SHOULD BE

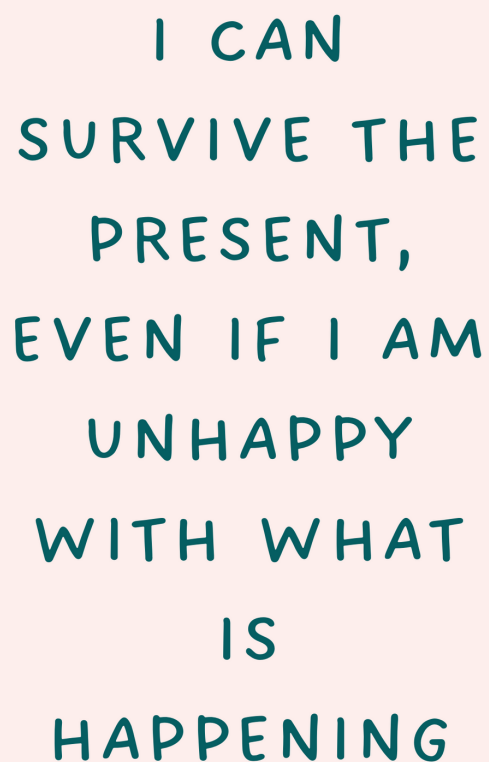
HOW I REACT
IN THIS
MOMENT IS
ALL I HAVE
CONTROL
OVER



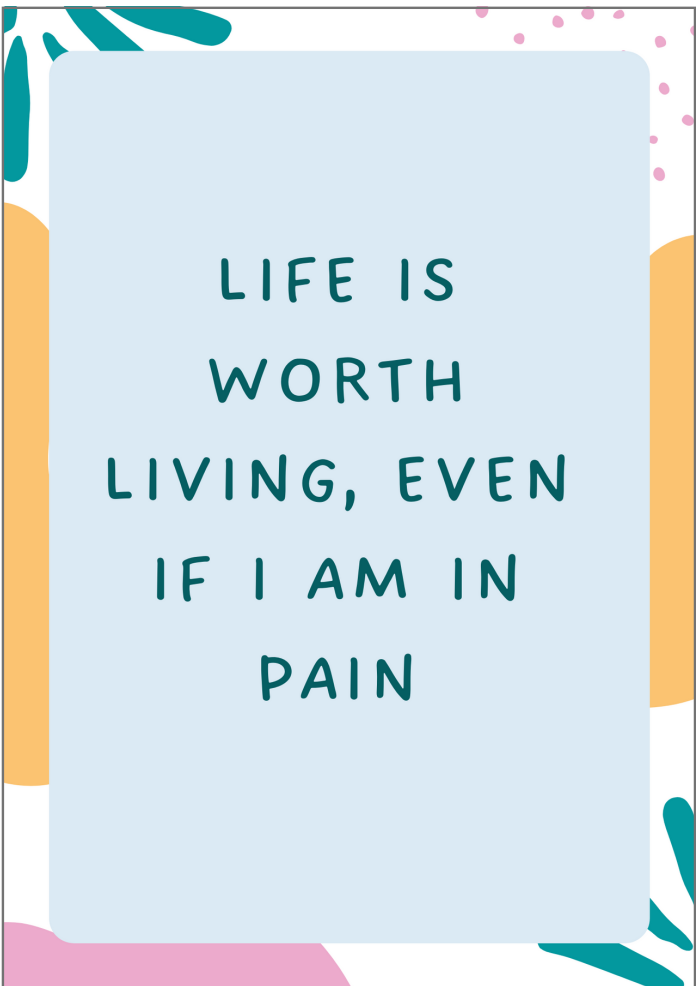
I CAN'T
CONTROL
THE PAST, IT
IS OVER



I CAN LET
GO OF THE
'SHOULD'S'
IN MY LIFE



I CAN
SURVIVE THE
PRESENT,
EVEN IF I AM
UNHAPPY
WITH WHAT
IS
HAPPENING



LIFE IS
WORTH
LIVING, EVEN
IF I AM IN
PAIN

I CAN NOT
PREDICT THE
FUTURE AND I
AM OK WITH
THAT

IT IS OK TO
FEEL THIS
WAY

REJECTING
REALITY,
DOES NOT
CHANGE THE
REALITY

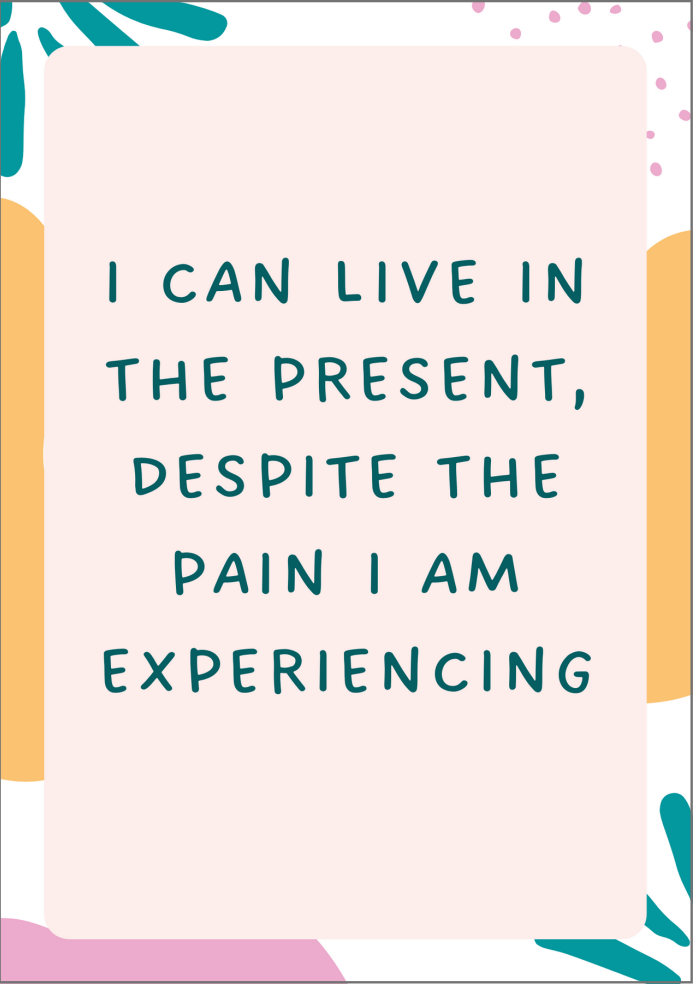
TODAY WILL
BE WHAT
IT IS

WHAT'S THE
POINT IN
FIGHTING THE
PAST?


I CAN BE
KIND TO
MYSELF IN
THIS
MOMENT

WHAT'S
ALREADY
HAPPENED IS
NOW IN THE
PAST

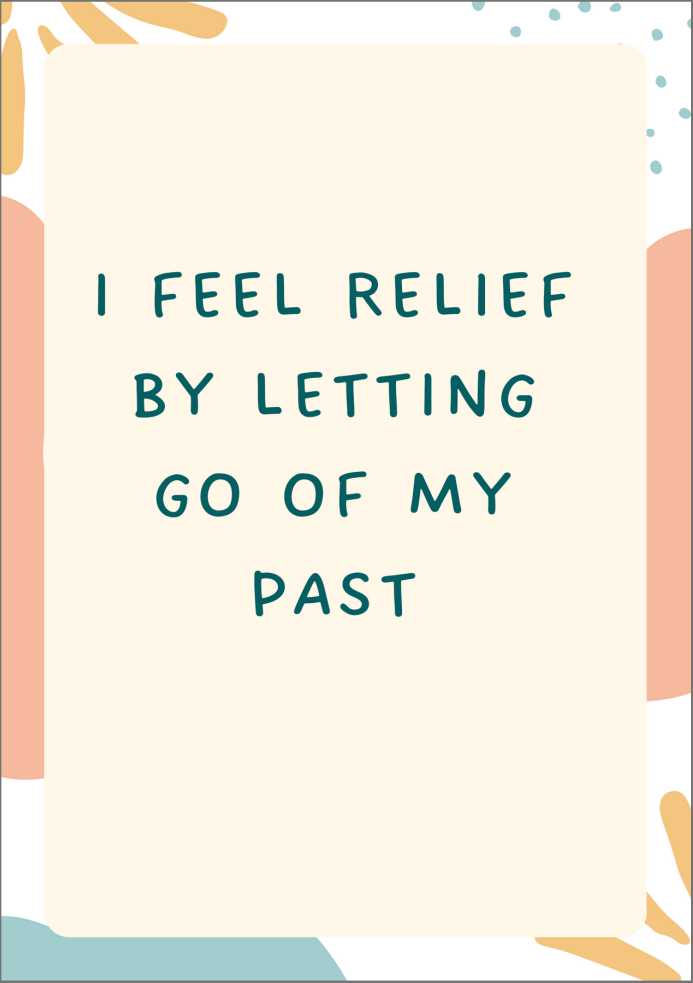
THE
PRESENT IS
THE RESULT
OF SO MANY
THINGS
THAT HAS
ALREADY
HAPPENED



I CAN LIVE IN
THE PRESENT,
DESPITE THE
PAIN I AM
EXPERIENCING



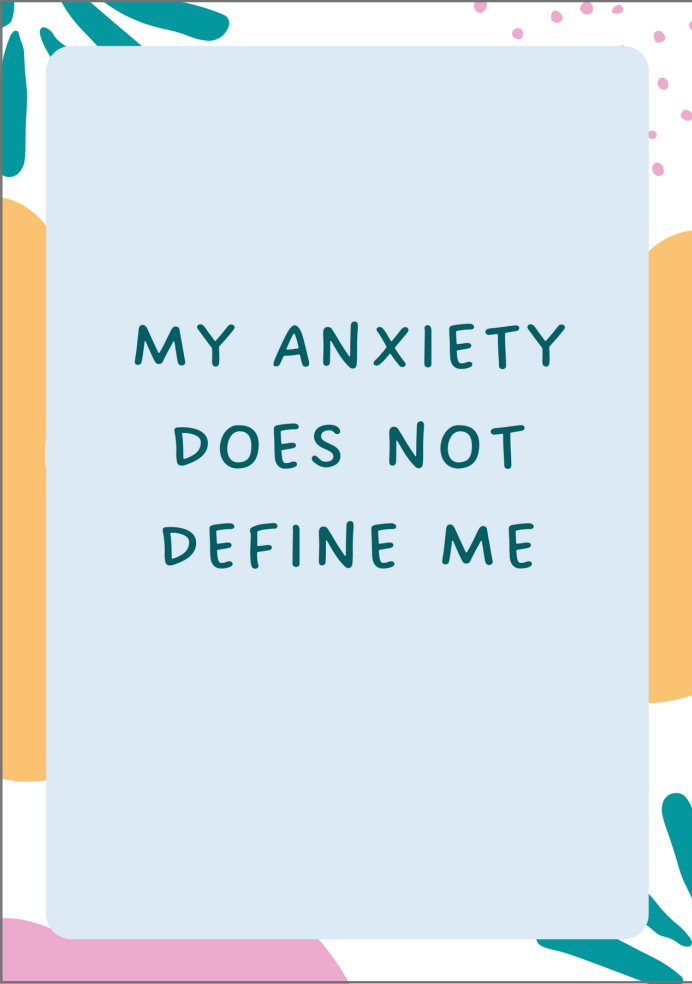
EVERYTHING
HAS A
CAUSE



I FEEL RELIEF
BY LETTING
GO OF MY
PAST




I ONLY HAVE
CONTROL
OVER THE
PRESENT
MOMENT



MY ANXIETY
DOES NOT
DEFINE ME



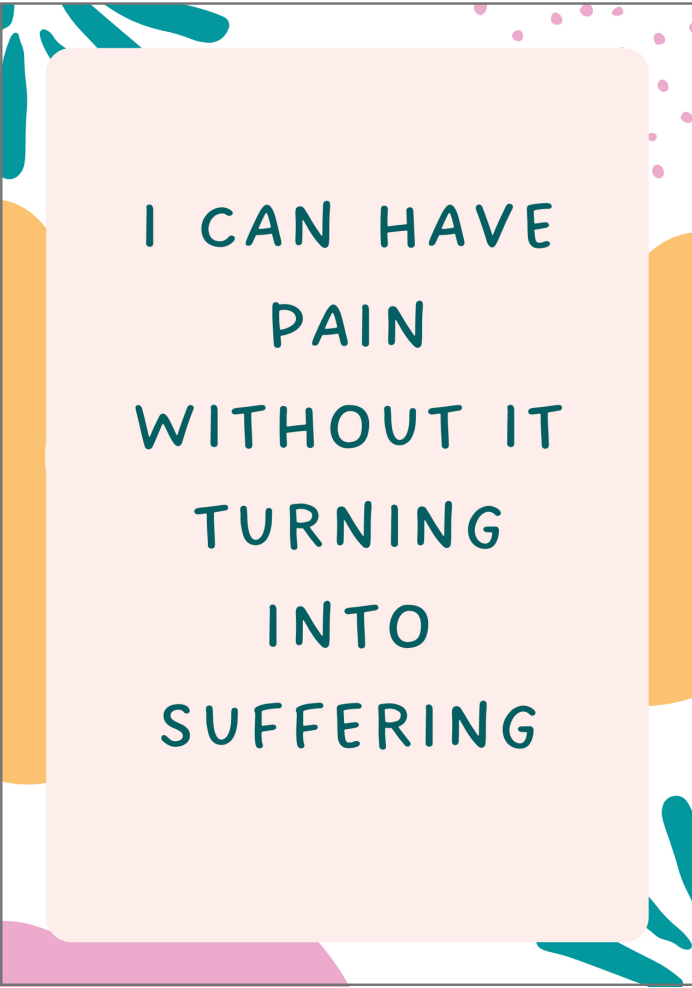
I ACCEPT THE
SITUATION
WITHOUT
JUDGING
MYSELF



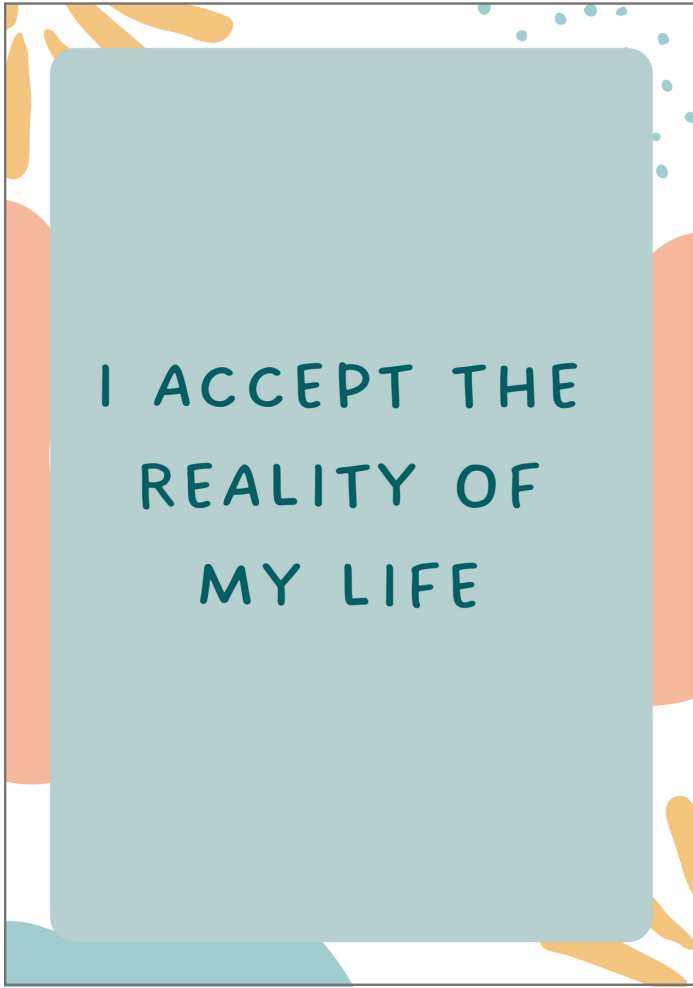
THERE IS NO
POINT
WORRYING
ABOUT THE
PAST



FIGHTING THE
PAST ONLY
BLINDS MY
PRESENT



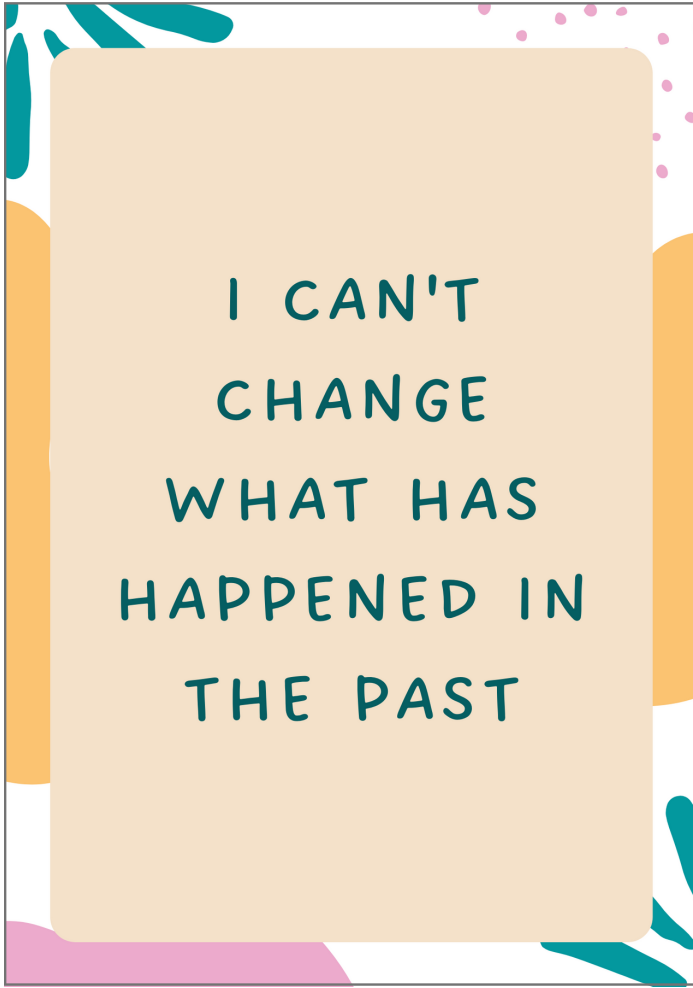
I CAN HAVE
PAIN
WITHOUT IT
TURNING
INTO
SUFFERING



I ACCEPT THE
REALITY OF
MY LIFE



I ACCEPT
MYSELF AS I
AM



I CAN'T
CHANGE
WHAT HAS
HAPPENED IN
THE PAST

I CAN
HANDLE
WHAT IS IN
FRONT OF
ME AS IT IS

I CAN
EXPERIENCE
LIFE AS
IT IS

I CAN LEARN
FROM THE
PAST TO
SOLVE MY
PRESENT AND
FUTURE
PROBLEMS

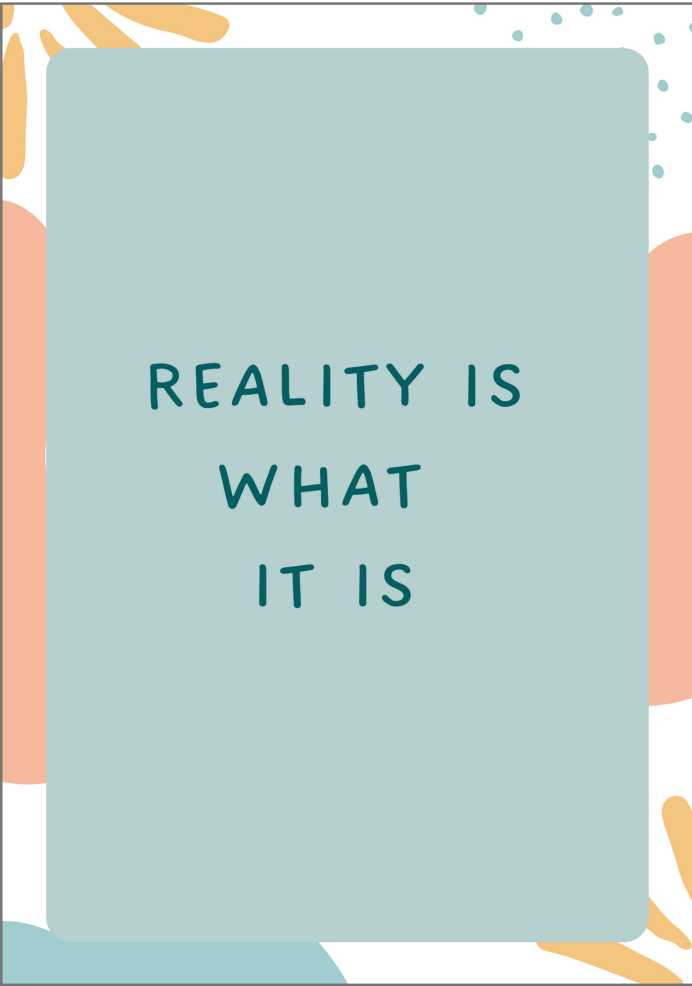
MY PAST
DOES NOT
DEFINE MY
FUTURE

I SEE THE
PRESENT
MOMENT FOR
WHAT IT IS

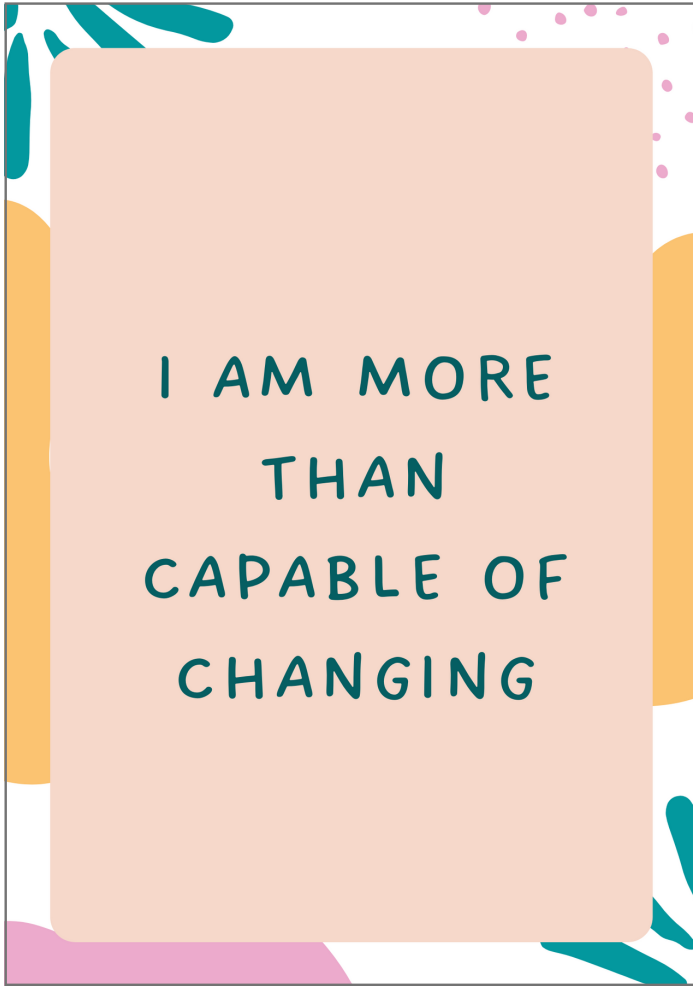
I CAN
TRANSFORM
MY
SUFFERING
INTO MORE
ORDINARY
PAIN THAT IS
A PART OF
LIFE

I AM DOING
THE BEST I
CAN

I WILL
BE WHO
I AM



REALITY IS
WHAT
IT IS



I AM MORE
THAN
CAPABLE OF
CHANGING



ACCEPTING IS
AN ACTIVE
CHOICE THAT
I CHOOSE
RIGHT NOW



I ACCEPT
THIS
MOMENT AS
IT IS



I TRUST IN
THE
PROCESS OF
LIFE


I WILL NOT
GIVE UP

I CAN STOP
FIGHTING
REALITY

EVERYTHING
THAT HAS
HAPPENED IN
THE PAST,
HAS LED UP
TO THIS
POINT NOW



I CAN MOVE
FORWARD
IN LIFE



ACCEPTANCE
ALLOWS ME
TO BE FREE
FROM THE
SHACKLES OF
DENIAL