

USING COPING STATEMENTS TO TOLERATE DIFFICULT FEELINGS AND STRESS

Objective: To help people tolerate distress and avoid being overwhelmed by their emotions.

Accepting your thoughts and feelings can help you move past your difficulties and create a new way of looking at your life. Look at the statements below and put a check by the statements that “ring true” for you. Then write them down on a piece of paper and read them to yourself when you feel that your emotions are getting out of control, or you are doing things that will hurt you or others. Take a few deep breaths before you begin, relax your body, and try to adopt a non-judgemental attitude.

- I can't change what has already happened.
- I'm not going to drive myself crazy with things I can't change.
- Dwelling on the past keeps me from appreciating what is in the present.
- I can accept things the way they are.
- This feels bad, but it is a normal reaction and will pass.
- I have dealt with problems before and I can deal with this.
- Thoughts are just happening in my brain, they are not THE TRUTH.
- I can learn from the past to solve present and future problems.
- I can get through this.
- This is difficult, but it is temporary.
- If I stop and calm myself down, then I can get through this.
- These are just feelings and will go away.
- I can feel badly, but still act in ways which are good for me and good for others.
- I don't need to change everything at once.
- I can accept myself the way I am.
- I can accept my situation for what it is and still be happy.
- It's okay to feel this way.

Write down other statements that can help you cope.

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