



Coping Statements

“This feeling isn’t comfortable or pleasant, but I can accept it.”

“I can be anxious and still deal with this situation.”

“I can handle these symptoms or sensations.”

“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.”

“I’m going to go with this and wait for my anxiety to decrease.”

“This is an opportunity for me to learn to cope with my fears.”

“I’ll ride this through – I don’t need to let this get to me.”

“I deserve to feel O.K. right now.”

“I can take all the time I need in order to let go and relax.”

“There’s no need to push myself. I can take as small a step forward as I choose.”

“I’ve survived this before and I’ll survive this time, too.”

“I can do my coping strategies and allow this to pass.”

“This anxiety won’t hurt me – even if it doesn’t feel good.”

“This is just anxiety – I’m not going to let it get to me.”

“Nothing serious is going to happen to me.”

“Fighting and resisting this isn’t going to help – so I’ll just let it pass.”

“These are just thoughts – not reality.”

“I don’t need these thoughts – I can choose to think differently.”

“This isn’t dangerous.”

“So what.”

“Don’t worry – be happy.” (use this to inject an element of lightness or humor.)

If you have frequent panic attacks, I suggest writing your favourite coping statements down and carrying it in your purse or wallet. Bring it out when you feel panic symptoms coming on.