

let's *THERAPIZE* that shit !!!

List of Coping Thoughts

(courtesy of [Fairfax Behavioral Health Hospital](#))

- 1) This situation won't last forever
- 2) I've already been through many other painful experiences, and I've survived
- 3) This too shall pass
- 4) My feelings make me uncomfortable right now, ^{and} ~~but~~ I can accept them
- 5) I can be anxious and still deal with the situation
- 6) I'm strong enough to handle what's happening to me right now
- 7) This is an opportunity for me to learn how to cope with my fears
- 8) I can ride this out and not let it get to me
- 9) I can take all the time I need right now to let go and relax
- 10) I've survived other situations like this before, and I'll survive this one, too
- 11) My anxiety/fear/sadness won't kill me; ^{and} ~~it just~~ doesn't feel good right now
- 12) These are ~~just~~ my feelings, and eventually they'll go away
- 13) It's okay to feel sad/anxious/afraid sometimes
- 14) My thoughts don't control my life, I do
- 15) I can think different thoughts if I want to
- 16) I'm not in danger right now → I am having the thought that I'm in danger right now
- 17) So what? ^{and} ~~AND~~ I am not in danger right now.
and my body is having the physical sensations of fear,
- 18) This situation sucks, ^{and} ~~but~~ it's ~~only~~ temporary
- 19) I'm strong and I can deal with this
- 20) I've survived 100% of my bad days (courtesy of Bill Watterson and Calvin & Hobbes)
- 21) This is terrible, keep going (courtesy of My Favorite Murder)
- 22) I can survive feeling this feeling
- 23) This is an opportunity to practice distress tolerance and/or emotional regulation