Affirmations and Coping Statements

Affirmations and coping statements can be a powerful tool to balance, counter or replace negative or fearful thoughts with positive statements that promote self-worth and self-efficacy.

- I accept myself as I am.
- I am a capable person.
- I am a good and caring person.
- I am doing the best that I can.
- I am good enough.
- I am valuable because I am human, alive and unique.
- I can be anxious and still deal with this situation.
- I can do my coping strategies and allow this to pass.
- I can handle my feelings and sensations.
- I can handle these symptoms or sensations.
- I can make a difference in the world.
- I can relax and let go of tension.
- I can take all the time I need in order to let go and relax.
- I deserve to feel O.K. right now.
- I don’t need these thoughts – I can choose to think differently.
- I have confidence in myself.
- I’ve survived this before and I’ll survive this time, too.
- There’s no need to push myself. I can take as small a step forward as I choose.
- These are just thoughts – not reality.
- This anxiety won’t hurt me – even if it doesn’t feel good.
- This feeling isn’t comfortable or pleasant, but I can accept it.
- This is an opportunity for me to learn to cope with my fears.
- 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.

How To Use:

- Say them before bed or after waking up
- Use them with relaxation techniques
- Use as needed throughout the day
- Write them on cards or “post-its” and place them where you will read them
- Create an audiotape and listen when you need them

Remember keep them:
- Personal
- Present Tense
- Positive