Coping Thoughts

Stressful situations often trigger stressful thoughts and emotions. One effective way to manage your difficult emotions is to focus on coping thoughts that are more realistic and positive.

Some examples of coping thoughts are:

- ☐ I can feel anxious without reacting
- ☐ I can ride this emotion like a wave
- ☐ I can tolerate this emotion until it becomes less intense
- ☐ This emotion feels uncomfortable, but it won't kill me
- ☐ I am not my emotions
- ☐ This feeling will pass
- ☐ I've dealt with similar situations before
- ☐ I will take it step by step
- ☐ It's OK to make mistakes
- ☐ There's an end to it
- ☐ This too shall pass
- ☐ This won't last forever
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