

## Stress Coping Statements

### **1. Preparation**

I'm going to be all right.  
I've succeeded with this before.  
What exactly do I have to do?  
I know I can do each one of these tasks.  
I'll jump in and be all right.  
Tomorrow I'll be through it.  
Don't let negative thoughts creep in.

### **2. Confronting the stressful situation**

Stay organized.  
Take it step by step, don't rush.  
I can do this, I'm doing it now.  
I can only do my best.  
Any tension I feel is a signal to use my coping exercises.  
I can get help if I need it.  
If I don't think about fear, I won't be afraid.  
If I get tense, I'll take a breather and relax.  
It's OK to make mistakes.

### **3. Coping with Fear**

Relax now!  
Just breathe deeply.  
There's an end to it.  
Keep my mind on right now, on the task at hand.  
I can keep this within limits I can handle.  
I can always call \_\_\_\_\_.  
I am only afraid because I decided to be. I can decide not to be.  
I've survived this and worse before.  
Being active will lessen the fear.

### **4. Reinforcing success**

I did it!  
I did it right. I did well.  
Next time I won't have to worry so much.  
I am able to relax away anxiety.  
I've got to tell \_\_\_\_\_ about this.  
It's possible not to be scared. All I have to do is stop thinking I'm scared.