



Coping Statements for Anxiety and Fear

This is temporary.

My fears are not reality.

This anxiety isn't comfortable or enjoyable, but I can tolerate it.

I've felt this way before, and I've made it through.

While this is difficult, I don't have to let it consume me.

I can work to think differently.

I'm going to ride this out until my anxiety decreases.

This isn't a crisis; it is okay for me to take time to think through this.

I can move forward even when I feel anxious.

This is difficult, yet I can cope with it.

My thoughts are not the truth.

I don't have to figure it all out now; I can take a small step forward.