

Positive Self-talk – Coping Thoughts Worksheet

When we feel anxious or stressed, we often need to be our own personal coach. We can encourage ourselves by saying positive or soothing statements. We can find positive statements by going through our previous experiences (we all have survived difficult times) and then apply them to our current situation.

Examples of positive self-talk include:

- This too shall pass.
- I've been through this before and I can do it again.
- These feelings will go away.
- Once I get use to it, it will become easier.
- This is difficult but I know I only have to go through it temporarily.
- This not a marathon. I can take things slowly.
- I know this “feels” bad but that doesn't mean that it is realistically bad.
- I am angry / sad / anxious but I can still deal with this.
- This won't last forever.
- I have have a thought but it may not be accurate.



Write down positive statements you have learned from previous experiences or that you believe will help you to better cope with the current stressful situation. Write them down on a piece of card and carry it with you. Whenever you feel down and need encouragement, read them to remind you that you can and you will get through it.

Difficult or distressing situation	Coping thought / positive statement