

COPING STATEMENTS

1. My behavior does not equal me. I am not the same as my behavior.
2. Asking impossible questions such as knowing tomorrow's answers today only creates confusion.
3. Other's rejection of me does not make me inferior or diminish me in any way.
4. Life does not have to be perfect.
5. I do not have to be perfect.
6. I have a right to be wrong.
7. I have a right to fail.
8. Other's have a right to be wrong.
9. Other's have a right to fail.
10. Life isn't fair and there is no reason why it has to be.
11. I can accept my feelings rather than be afraid of them.
12. I am not responsible for finding solutions to other people's problems and disturbances.
13. I can stand what I don't like.
14. I can't make other people happy.
15. Disappointments are not disasters.
16. Love and approval are very definitely nice but my life does not depend upon them.
17. I am responsible for how I feel, not others or circumstances – others don't give me feelings nor do I give others feelings.
18. Feeling anxious, nervous or depressed is part of being human.
19. Do it whether you feel like it or not.
20. I best accept that I get what I get in life and not what I deserve.
21. I am accountable for my mistakes but not blameworthy because of them.
22. I don't create conditions in life, but I do create my responses toward these conditions.
23. Nothing in life has to be.
24. Lighten up, but don't give up.
25. Focus on the task.
26. Focus on what I want to do.

27. Relax so that I can focus on the situation.
28. Slow down, take your time.
29. Take one step at a time.
30. Regard it as a challenge, not a threat.
31. I'll do the best I can.
32. I've done it before, and it is never as bad as people think.
33. Stay cool.
34. Take a deep breath, let it out slowly, and relax.
35. It really is a trivial matter, let it go.
36. Count slowly to ten before you respond.
37. I don't have to be successful every time I try, I just will do the best I can.
38. I am not responsible for other's behavior.
39. The way I am at this moment is not forever.
40. Depression and mania tell you lies.
41. I do deserve to be treated with respect and dignity.
42. I needed all my past to get to where I am today.
43. There are people who want to hear what I have to say.
44. I am brave enough to fight a lot of difficulties to try to get healthy.
45. I won't get better by chance, I will get better by choice.
46. Failure is not falling down, it's staying down.