

"Stop, and breathe, I can do this."

"It's OK, I've got this."

"This will pass."

"I can be anxious/angry/sad and still deal with this."

"I have done this before, and I can do it again."

"This feels bad, it is a normal body reaction. It will pass."

"This feels bad, and feelings are very often wrong."

"These are just feelings, they will go away."

"This won't last forever."

"I don't need to rush, I can take things slowly."

"I have survived before, I will survive now."

"I feel this way because of my past experiences, but I am safe right now."

"I'm stronger than I think."

"It's okay to feel this way, it's a normal reaction."

"Right now, I am not in danger. Right now, I'm safe."

"My mind is not always my friend."

"Thoughts are just thoughts. They are not necessarily true or factual."

"I will learn from this experience, even if it seems hard to understand right now."

"This is difficult and uncomfortable, but it is only temporary."

"I choose to see this challenge as an opportunity."

"I can use my coping skills and get through this."

"I can learn from this and it will be easier next time."

"Keep calm and carry on."

"Right now I have feelings I don't like. They will be over with soon and I'll be fine. For now, I am going to focus on doing something else around me."

"All these things that are happening to me seem overwhelming. But I've caught myself this time and I refuse to focus on these things. Instead, I'm going to talk slowly to myself, focus away from my problem, and continue with what I have to do."

"This is uncomfortable, but I can handle it if I take slow and deep breaths."

"Fighting this doesn't help – so I'll just relax and breathe deeply and let it float away."

"I'll just do the best I can."

"I don't have to believe everything I think."

"Feeling tense is natural. It tells me it's time to use coping strategies."

"Stay focused on the present. What do I need to do right now?"

"Take deep breaths and take your time."

"This is not my fault."

"I've survived hard times before, and I will survive this, too."

"My life matters."

"It won't always be this bad. It will get better."

"I will feel hopeful again someday."

"I can be sad and still deal with this."