

Using Coping Statements To Tolerate Difficult Feelings and Stress

Objective: To help people tolerate distress and avoid being overwhelmed by their emotions.

Accepting your thoughts and feelings can help you move past your difficulties and create a new way of looking at your life. Look at the statements below and put a check by the statements that “ring true” for you. Then write them down on a piece of paper and read them to yourself when you feel that your emotions are getting out of control, or you are doing things that will hurt you or others. Take a few deep breaths before you begin, relax your body, and try to adopt non-judgmental attitude.

____ I can't change what has already happened.

____ I'm not going to drive myself crazy with things I can't change.

____ Dwelling on the past keeps me from appreciating what is in the present.

____ I can accept things the way they are.

____ This feels bad, but it is a normal reaction and will pass.

____ I have dealt with problems before and I can deal with this.

____ Thoughts are just happening in my brain, they are not THE TRUTH.

____ I can learn from the past to solve present and future problems.

____ I can get through this.

____ This is difficult, but it is temporary.

____ If I stop and calm myself down, then I can get through this.

____ These are just feelings and will go away.

____ I can feel badly, but still act in ways which are good for me and good for others.

____ I don't need to change everything at once.

____ I can accept myself the way I am.

____ I can accept my situation for what it is and still be happy.

____ It's okay to feel this way.

Write down other statements that can help you cope.

You can use this sheet to write down and reflect on how successful you are at using Coping Statements. Make multiple copies of this sheet to use when you are trying to cope with difficult feelings.

Date: _____

Time _____ Place _____

Write down distressing thoughts and feelings you are having.

Write down the coping statement that you used.

Rate how upset you feel before reading the Coping Statement _____

1=Not very upset

10=As upset and distressed as I get

Rate how upset you feel after reading the Coping Statement _____

1=Not very upset

10=As upset and distressed as I get

Write down other thoughts and feelings.
