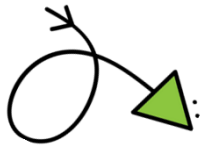


My Coping Language

It is helpful to know what coping type of inner thinking statements you can use to help you through uncomfortable situations. Take a look at some of the more common coping language that individuals will use to help them build up their resistance to anxiety and worry:

Coping Language



I'll concentrate on my breathing and count to twenty, repeat as needed.

These feelings are normal, everyone has them, I will be fine.

I have been through worse than this, I can get through this too.

Task: Identify potential coping language that may help you in challenging or uncomfortable situations.

