

COPING STATEMENTS FOR DEALING WITH ANXIETY ABOUT ANXIETY

- **I don't have to make myself anxious about anything, or put myself down if I stupidly and foolishly *do* make myself anxious.**
- **My *anxiety* is bad, but *I'm* not bad.**
- **I don't always *have* to feel comfortable, and it isn't awful when I don't.**
- **I can bear—and bear with—anxiety: it won't kill me.**
- **It is not necessary to be in perfect control of my anxious moments. To demand that I be in control only multiplies my symptoms.**
- **Others are not required to treat me with kid gloves when I feel uncomfortable.**
- **The world doesn't have to make it easy for me to get a handle on my anxiety.**
- **Anxiety is a part of life; it is not *bigger* than life.**
- **My over-reactive nervous system is a part of my life, but it's not *bigger* than life.**
- **I can take my anxiety with me when going places and doing things that I am reluctant to do (or stay isolated).**
- **Controlling my anxiety is important, but hardly urgent.**
- **Comfort is nice, but not necessary.**
- **I don't have to be the one person in the universe to feel comfortable all the time.**
- **I'd better not feel calm, relaxed, and serene *all* the time, because if I did, I'd have one dickens of a time motivating myself**

- **Anxiety and panic are burrs in my saddle: highly inconvenient and uncomfortable, but hardly awful.**
- **I don't have to hassle myself or put myself down for not coping better with my anxiety.**
- **This, too, will likely pass.**
- **I can blend in with the flow of my anxiety; I don't have to go tooth-and-nail, head-on with it.**
- **If I feel anxious, I feel anxious—tough!**
- **I may *have* my anxiety, but I am *not* my anxiety.**
- **I don't have to shame or demean myself for anything—including creating tight knots in my gut.**
- **Feelings of awkwardness, nervousness, or queasiness may interfere with my projects, but they do not have to ruin them.**