

COPING STATEMENTS FOR DEALING WITH ANXIETY
REBT Essentials for dealing with the "circle of 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.

Source: Bill Borchardt. REBT Resource Book for Practitioners. Albert Ellis Institute.