

COPING SELF-STATEMENTS

You can use the voice inside your head to your advantage, to help you cope with painful or unpleasant situations or sensations. Here are some examples of self-instructional or coping statements you could use when you are in pain, anxious, depressed or angry.

- I'm not hurting much now. By thinking of other things, I can make this good feeling last longer.
- Let me imagine relaxing pleasant scene to help me reduce my experience of pain.
- I can meet the challenge.
- I can do some things at an appropriate pace, even though I have pain.
- The pain is there, but I don't notice it so much when I concentrate on doing something.
- I won't try to eliminate the pain totally, I just need to keep it manageable.
- Sitting and worrying about things doesn't help.
- All right, I'm feeling tense. That let's me know I can take some slow, deep breaths and start to relax.
- What I am feeling is only anxiety. It will pass in time, and I can make it pass even more quickly by relaxing and focusing on my breathing.
- I have many different techniques I can do.
- I won't get overwhelmed. I'll just try to take one step at a time.
- When I am ready, I'll just have a go.
- STOP these negative thoughts. I will just concentrate on one of the techniques to do something positive.
- Even though it will take some effort, I know I can achieve things if I try.
- Let me focus on some good things about myself and my life.
- I can be more constructive if I keep calm instead of shouting.

Also remember to use that voice to praise afterwards for your achievements and efforts, e.g.

- I'm handling my pain better now. With more work, I'll be able to keep it from messing up my life so much.
- That wasn't as bad as I thought it would be. I handled it pretty well, and I'm sure I'll do even better next time.
- Hey, that was great! I used what I've learned and I took control, instead of letting my anxiety control me.