Coping statements for anxiety

Short, accurate things to say to yourself when anxiety is high.

These are accurate reminders for the moments when anxiety makes it hard to think. They are not about pretending everything is fine. Circle the ones that fit, and change the wording to sound like you.

This is anxiety. I know what this is.	It is uncomfortable, and it is not dangerous.
This feeling will peak and pass. It always has.	I do not have to like it. I only have to let it be here.
My body is doing what it is built to do.	I have got through this before.
A thought is not a fact.	I can feel anxious and still do this.
I do not need to be certain.	One thing at a time. What is the next small step?

When I notice...	I will say to myself...
My heart racing on the bus	*This is adrenaline. It peaks and passes. I can stay where I am.*

Cut along the dashed lines. Keep a card in your wallet or phone case.

For anxious moments

The statement I most need

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For anxious moments

The statement I most need

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This handout supports your therapy. It does not replace professional advice.