



Coping statements

Coping statements are positive statements that affirm the fact that you can cope. They can be a helpful tool to relieve difficult moments- such as urges to binge, food challenges, anxious moments or times of depression.

You may find it helpful to repeat a single statement over and over again or have several coping statements that you can call on. It can be helpful to write coping statements on palm cards or a 3x5 card that you can carry in your purse or wallet.

Coping statements should resonate with you and the issue you are experiencing. You can also debunk or rewrite what your inner critic is telling you so that it is a more accurate appraisal of what is happening.

I am scared → Nothing here is dangerous OR Nothing is going to hurt me.

This task is too difficult for me → It will become easier and easier with time and practice

More suggestions of coping statements:

My eating disorder is bad but that does not make me a bad person

My depression is a part of life and sometimes feels bigger than life. But it is not worth giving up on life

Comfort is nice- but not necessary

This, too, will likely pass. I have been here before.

I have dealt with disappointments in life and I can deal with this one too

The most successful people have the most failures because they try the most things

I have done so many things so far, I will be able to do this too

I can be anxious and still deal with this situation

I can handle these symptoms and sensations

This isn't the worst thing that could happen

This is an opportunity for me to learn to cope with my fears

So what?

What coping statements can you come up with? Suggestions on where you might find some:

- Listen to the talk of positive people- what things do you hear them tell themselves?
- How can you rewrite some of your negative thoughts around coping?
- Search the internet for more suggestions of coping statements