

HELPFUL SELF- STATEMENTS

INSTRUCTIONS:

The following are some helpful statements you can cut out and look at, or read aloud to your self.

The purpose of these statements is to encourage you to focus thinking on more constructive and reality based thoughts, and away from unhelpful thoughts that can hinder you.

Choose which statements hold most meaning to you and practise thinking these thoughts on a regular basis to assist you in managing unhelpful feelings.

<p>I know I can do this</p>	<p>KEEP BREATHING – in through your nose and out slowly through your mouth</p>
<p>In a while these unpleasant feelings will pass. Accept them and CALM DOWN</p>	<p>I don't like feelings of panic, but I know I can bear them</p>

<p>Nothing bad will happen if I work hard to CALM DOWN</p>	<p>One step at a time – CALM DOWN</p>
<p>This is difficult- But each step I take is a step forward</p>	<p>CALM DOWN</p>
<p>Remember to distract yourself – think of something calming</p>	<p>Focus on a positive object and calm down</p>

**Stretch your arms and legs
and feel the tension slowly
dissolve**

**I don't like feeling
uncomfortable
but I know I can bear it**

NOW try and think of some of your own statements which help you to think helpfully, calm down and stay in control. Fill in the empty spaces:
