

Statements to help manage anxiety

Purpose: To put a stop to the thoughts that lead to anxiety, and replace those thoughts with realistic, rational thoughts. Then, when these self-statements are practiced and learned, your brain takes over automatically. This is a form of conditioning, meaning that your brain chemistry (neurotransmission) actually changes as a result of your new thinking habits.



First, use thought stoppage. Be gentle but firm about it.

“STOP! These thoughts are not good for me. They are not healthy or helpful thoughts, and I have decided to move in a better direction and learn to think differently.” Then pick two or three rational and realistic statements from the list below that seem to help you, and repeat them to yourself out loud each day. (You don’t have to believe them fully yet - that will happen later.

General statements when anxiety is near:

- 1. I’m going to be all right. My feelings are not always rational. I’m just going to relax, calm down, and everything will be all right.*
 - 2. Anxiety is not dangerous – it is just uncomfortable. I am fine; I’ll just continue with what I’m doing or find something more active to do.*
 - 3. That picture in my head is not a healthy or rational picture. I’m going to focus on something healthy like:*
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4. I've stopped these negative thoughts before and I'm going to do it again now. I am becoming better and better at deflecting these automatic negative thoughts and that makes me happy.

5. So I feel anxious now, SO WHAT? It's not like it's the first time. I am going to take some nice deep breaths and keep on going. This will help me to continue to get better.

Statements to use when preparing for a stressful situation:

1. I've done this before, and I know I can do it again.

2. When this is over, I'll be glad I did it.

3. At first, my anxiety was powerful and scary, but as time goes by it doesn't have the hold on me that I once thought it had. I am moving forward gently and nicely all the time.

4. The feeling I have about this doesn't make much sense. This anxiety is like a mirage in the desert. I'll just continue to "walk" forward until I pass right through it.