

# **COPING STATEMENTS: Short & Simple**

1. God loves me.
2. Hard won't hurt me.
3. Hard won't kill me.
4. I am okay.
5. I am safe.
6. I am smart.
7. I can live with it.
8. I can love myself.
9. I can stand it.
10. I can take it.
11. I can work it out.
12. I have a right to make mistakes.
13. I want it but I can live without it.
14. I will live beyond this.
15. I will survive this too.
16. I won't die from it.
17. I won't fall apart without it.
18. It can't make me anything.
19. It doesn't have to be easy.
20. It doesn't have to be fair.
21. It doesn't have to be perfect.
22. It won't kill me so I can bear it.
23. It's NOT me no matter what it is.
24. No one can make me anything.
25. Nothing will get me.