

3 Rs: 3 PARTS TO REPLACEMENTS (Coping Statements)

There are three basic parts to corrective self-talk replacement coping statements: (a) positive statement of helpful/functional belief; (b) negative statement of hurtful/dysfunctional belief; (c) coping response to setbacks.

EXAMPLES: The following are replacements for **demanding/overcontrolling/smothering/dominating**.

1. (a) I want . . . (b) but I don't need . . . , (c) and I will tolerate what I get.
2. (a) I fancy . . . (b) but I don't require . . . , (c) and I will work it out even if . . .
3. (a) I had sooner . . . (b) but I don't have to get . . . , (c) and I will adapt either way.
4. (a) I am inclined to . . . (b) but I don't have to have . . . , (c) and I will survive if . . .
5. (a) I favor . . . (b) but I don't have to get . . . , (c) and it isn't crucial to my happiness.
6. (a) I would choose . . . (b) but I don't have to have . . . , (c) and I won't fall apart if . . .
7. (a) I would like . . . (b) but I don't have to have . . . , (c) and I will manage even if it doesn't.
8. (a) I would sooner . . . (b) but I don't have to get . . . , (c) and I will make do with whatever.
9. (a) I would prefer it if . . . (b) but I don't have to have . . . , (c) and I will stand it if it doesn't happen.
10. (a) I want what I want and I want it now, (b) but I don't have to have it either now or ever, (c) and I've learned that it is NOT a catastrophe, a disaster, terrible, horrible, awful, or the end of the world even if I never get it.

EXAMPLES: The following are replacements for **painizing/whining/worrying/catastrophizing/awfulizing**.

1. (a) I don't like . . . (b) but I will bear it, (c) and I will work around it.
2. (a) I don't want . . . (b) but I will stand it, (c) and I will make the best of it.
3. (a) I find it aggravating (b) but I can live with it, (c) and I will cope with it.
4. (a) I find it challenging (b) but NOT too hard, (c) and I will struggle with it until I master it.
5. (a) I find it difficult (b) but NOT impossible, (c) and I will learn how to do it one way or the other.
6. (a) I see this as a real challenge (b) and NOT as something I have to avoid, (c) so I will hang in there.
7. (a) I see this as annoying (b) but I can take it, (c) and I will learn to make do with it.
8. (a) I think this is difficult (b) but NOT unbearable, (c) and I will learn to overcome it.
9. (a) I will accept . . . (b) and refuse to demonize it (c) while I learn to adapt to it.
10. (a) I will tolerate . . . (b) and refuse to exaggerate it (c) while learning to deal with it.

EXAMPLES: The following are replacements for **damning/blaming/name-calling/self-denigration/sarcasm**.

1. (a) I consider it bothersome (b) but it is not dreadful, (c) and I'll manage in spite of it.
2. (a) I find . . . unpleasant (b) but it's NOT the end of the world, (c) and I can cope with it.
3. (a) I find it annoying (b) but NOT terrible, (c) and I will learn how to deal with it.
4. (a) I find it disagreeable (b) but NOT horrible, (c) and I will cope with it.
5. (a) I find it inconvenient (b) but NOT impossible, (c) and I will work around it.
6. (a) I see it as distracting (b) but NOT as a horror, (c) and I will find a way to adjust to it.
7. (a) I see this as unlikable (b) but NOT as awful, (c) and I will manage to cope with it.
8. (a) I view it as awkward (b) but it is NOT awful, (c) and I'll come to terms with it.
9. (a) I view it as irritating (b) but it cannot kill me, (c) and I will adapt in spite of it.
10. (a) I view it troublesome (b) but NOT terrible, (c) and I have coped with and survived a lot worse.

EXAMPLES: The following are replacements for **attachment/personalizing/self-at-risk/making it about me**.

1. (a) I dislike failing, (b) but neither it nor anyone can make me anything, (c) and I will learn from it.
2. (a) I dislike their making fun of me, (b) but it can't make me anything as nothing can, (c) and I will use it to practice my skill of detachment.
3. (a) I find that behavior to be wrong, (b) but it can't make me wrong as nothing makes me anything, (c) and I will learn to overcome it.
4. (a) I regret making that mistake, (b) but it cannot make me a mistake as I *have* the behaviors, (c) and I learn how to prevent it from happening again.
5. (a) I regret not doing right, (b) but that does NOT mean I'm not right as I am a being NOT a doing, (c) and I will accept myself no matter what I do or don't do.
6. (a) Their treatment of me is bad, (b) but that cannot make them bad as people are NOT behaviors, (c) and I will accept them no matter what they do or don't do.
7. (a) They may think badly of me, (b) but I am NOT opinions as I exist independently of all opinions, (c) and I will challenge my behavior to see if I am not indeed acting badly.
8. (a) Yes, I did bad, (b) but that cannot make me bad as I exist before and after my behaviors, (c) and I will learn to replace that bad with good.
9. (a) Yes, I had hateful feelings, (b) but that can't make me evil as I exist before and after my feelings, (c) and I will switch my feelings to more helpful ones.
10. (a) Yes, I thought wrong, (b) but that cannot make me a wrong as I exist before and after my thoughts, (c) and I will correct my thinking without trying to correct my being.

(v.2)