

10 Confidence Building and Anxiety-Reducing Rational Beliefs

1. Just because things are not succeeding today does not mean I'm a "no-hoper" or that I will not succeed in the future.
2. While it is very desirable to achieve well and be recognized by others, I do not need achievement or recognition to survive and be happy.
3. Mistakes and rejections are inevitable. I will work hard at accepting myself while hating my mistakes and setbacks.
4. My performance at work – perfect or otherwise – does not determine my worth as a person.
5. Things are rarely as bad, awful, or catastrophic as I imagine them to be.
6. I accept who I am, even though I may not like some of my traits and behaviors.
7. There are many things about me that I like and do well (enumerate them).
8. I have done many things at work successfully in the past, I will succeed in the future.
9. I am intelligent and talented enough to learn what I have to do and how to do it in order to accomplish my goals.
10. I am confident that everything will turn out okay given that I have my goals, know what to do, and work hard.

Coping Statements for Dealing with Yesterday

What is past is all said and done. What remains to be seen is what I can bring to my present and future.

Better for me to concentrate on what I'm doing today rather than on what I did or didn't do yesteryear.

Better to do in the present than to stew about the past.

The past isn't going to get any better!

Poor decisions made in the past do not have to be repeated in the present.

Because something once happened doesn't mean that it has to continue to happen.

No matter how bad any event was, I do not have to allow it to continue to have a negative influence on my life.

I cannot rewrite history and change what has already happened.

Whining and screaming about the injustices and unfairness of the past will only take a bad situation and make it worse in the present. What has happened to me is not nearly as important as what I decide to do with it

I will try to be successful in putting my past behind me by changing my thoughts and feelings about it, but I don't have to put myself down if I fall short of the put-it-behind-me mark

22 Coping Statements for Dealing With Anxiety

1. I don't have to make myself anxious about anything, or put myself down if I stupidly and foolishly do make myself anxious.
2. My anxiety is bad, but I'm not bad.
3. I don't always have to feel comfortable, and it isn't awful when I don't.
4. I can bear-and bear with-anxiety: it won't kill me.
5. It is not necessary to be in perfect control of my anxious moments. To demand that I be in control only multiplies my symptoms.
6. Others are not required to treat me with kid gloves when I feel uncomfortable.
7. The world doesn't have to make it easy for me to get a handle on my anxiety.
8. Anxiety is a part of life; it is not bigger than life.
9. My over-reactive nervous system is a part of my life, but it's not bigger than life.
10. I can take my anxiety with me when going places and doing things that I am reluctant to do (or stay isolated).
11. Controlling my anxiety is important, but hardly urgent.

12. Comfort is nice, but not necessary.
13. I don't have to be the one person in the universe to feel comfortable all the time.
14. I'd better not feel calm, relaxed, and serene all the time, because if I did, I'd have one dickens of a time motivating myself.
15. Anxiety and panic are burrs in my saddle: highly inconvenient and uncomfortable, but hardly awful.
16. I don't have to hassle myself or put myself down for not coping better with my anxiety.
17. This, too, will likely pass.
18. I can blend in with the flow of my anxiety; I don't have to go tooth-and-nail, head-on with it.
19. If I feel anxious, I feel anxious... tough!
20. I may have my anxiety, but I am not my anxiety.
21. I don't have to shame or demean myself for anything-including creating tight knots in my gut.
22. Feelings of awkwardness, nervousness, or queasiness may interfere with my projects, but they do not have to ruin them.

Rational Beliefs to Increase Frustration Tolerance

1. In the long run, the easier and less disciplined approach to pleasure and enjoyment is usually less rewarding than the more difficult or uncomfortable route.
2. I am happiest when I get involved in long-term, challenging work that requires me to work against inertia and take risks.
3. While things I have to do may be difficult, unpleasant or boring, they are rarely too difficult, unpleasant or boring.
4. While it may be unfair that I have to work so hard, my life does not have to be easy.
5. In order to achieve pleasant results, I often have to do unpleasant things.
6. Yes, it is a pain to do this now, but I'd better because it will be much harder and I'll get worse results if I do it later.