

Coping Thoughts Box

When we face a challenge or event that makes us feel negative emotions such as anxiety; **automatic thoughts** can become active and self-doubt can kick in. For example if we feel like we have messed up in some way negative and critical automatic thoughts can take charge.

It is important that we practice self-compassion and create a coping mantra or our own personal 'box of compassion.'

We can train ourselves to have **coping thoughts** and become aware of our automatic negative thoughts and instead replace these with our compassionate coping thoughts.

Examples of coping thoughts;

"I am only human, I have come a long way in the last 12 months and one mistake does not define me."

"I wish the other person kindness and I will learn from this and become stronger."

"I choose to be happy and appreciate the good in my life."

"I won't waste energy on trying to change things I cannot control."

Assess a recent time when something happened to you and assess how your thinking patterns were at that time.

Think of three kind coping thoughts you could have used in that situation.

Practice adding coping thoughts each day to your vocabulary.

For further ideas on health and well-being please see our blog articles –

<https://www.meaningfulpaths.com/blog/>