

# THERAPY WITH SABA

*=mastering the art of feeling=*

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## Coping Thoughts Worksheet

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Next time you're in a situation that creates feelings of anxiety, panic, anger, or sadness, try to use a coping thought to help yourself through the situation.

<i>Situation</i>	<i>Coping Thought</i>

### *Example Coping Thoughts*

<i>I am not in danger</i>	<i>No feeling is final</i>	<i>This is an opportunity to cope with my fears</i>	<i>It's okay to feel this way</i>
<i>This too shall pass</i>	<i>Mistakes help me grow</i>	<i>I will accept my feelings</i>	<i>I've survived similar situations before</i>