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## Radical Acceptance Coping Statements

“This won’t last forever.”

“This is the way it has to be.”

“This feels bad, and it’s a normal body reaction – it will pass.”

“I can’t change what’s already happened.”

“It’s no use to fight the past.”

“Right now, I am not in danger. Right now, I’m safe.”

“My mind is not always my friend.”

“Thoughts are just thoughts – they’re not necessarily true or factual.”

“I can learn from this, and it will be easier next time.”

“This is difficult and uncomfortable, but it’s only temporary.”

“Fighting the past only blinds me to my present.”

“The present is the only moment I have control over.”

“It’s a waste of time to fight what’s already occurred.”

“The present moment is perfect, even if I don’t like what’s happening.”

“This moment is exactly as it should be, given what’s happened before it.”

“This moment is the result of over a million other decisions.”

“This is difficult, but it’s temporary.”

“I’ve dealt with problems before, and I can do it again.”

“I can’t change people’s reactions, but I can choose how I respond.”

“This feeling will pass, and I will be okay.”

“Stop, and breathe. I can do this.”

“I can be anxious/angry/sad and still deal with this.”

“This feels bad, and feelings are very often wrong.”

“These are just feelings, and they will go away.”

“I can feel bad and still choose to take a new and healthy direction.”

“I don’t need to rush, and I can take things slowly.”

“I have survived before; I will survive now.”

“I feel this way because of my past experiences, but I am safe right now.”

“It’s okay to feel this way, and it’s a normal reaction.”

“I can use my coping skills and get through this.”

“All the events have led up to now.”

“Keep calm and carry on.”