

COPING STATEMENTS

for Social Anxiety

Coping statements for when you're experiencing social anxiety:

My thoughts are not my reality.

This is only temporary.

I am more than my anxiety.

It's okay to feel anxious; it happens to everyone.

I've been through worse things and survived.

This won't kill me.

I am stronger than my anxiety.

This will soon be over.

I have the ability to calm my mind and slow my heartrate with each breath.

This is nothing I can't handle.

Whatever happens, I'll get through this.

This will pass.

Breathe. Remember to breathe.

I'm doing the best I can.

My anxiety won't get the best of me.