



JENNIFER TARDELLI, MA, LPC, NCC
PSYCHOTHERAPY
WOMEN'S ISSUES

Coping Statements - Dealing with Panic Attacks

The following statements are sample coping statements to help you get through a panic attack. You may find it helpful to use one listed below or make up your own. You may find it helpful to repeat one statement over and over during a panic attack or use several of them. Abdominal breathing will help your body slow down and calm down so try to breathe deeply while using your coping statements.

- “This feeling isn’t comfortable or pleasant, but I can accept it.”
- “I can be anxious and still deal with this situation.”
- “I can handle these symptoms or sensations.”
- “This isn’t an emergency. It’s o.k. to think slowly about what I need to do.”
- “This isn’t the worst thing that could happen.”
- “I’m going to go with this and wait for my anxiety to decrease.”
- “This is an opportunity for me to learn to cope with my fears.”
- “I’ll just let my body do its thing. This will pass.”
- “I’ll ride this through – I don’t need to let this get to me.”
- “I deserve to feel o.k. right now.”
- “I can take all the time I need in order to let go and relax.”
- “There’s no need to push myself. I can take as small a step forward as I choose.”
- “I’ve survived this before and I’ll survive this time, too.”
- “I can do my coping strategies and allow this to pass.”
- “This anxiety won’t hurt me—even if it doesn’t feel good.”
- “This is just anxiety- I’m not going to let it get to me.”
- “Nothing serious is going to happen to me.”
- “Fighting and resisting this isn’t going to help—so I’ll just let it pass.”
- “These are just thoughts—not reality.”
- “I don’t need these thoughts—I can choose to think differently.”
- “This isn’t dangerous.”
- “So what.”
- “Don’t worry—be happy.” (to interject humor)

Adapted from The Anxiety and Phobia Workbook by Edmund J. Bourne, PhD.