



Abdominal pain Worksheet 12

Develop Coping Thoughts/Positive Self-Talk

5, 4, 3, 2, 1 Grounding Technique

Positive statement encourage us and help us cope in distressing times. We can act as our own coach by saying encouraging things to ourselves, especially when our symptoms are worse (e.g. pain). Creating a sentence that you can say to yourself when you are feeling low or struggling to cope with your CFS can be very useful. Some children keep a copy of these in their pencil case or wallet so that they are always available.

Some examples include:

- “I can do this.”
- “I can cope.”
- “Keep calm and carry on.”
- “Thoughts are just thoughts – they are not necessarily fact.”
- “It is okay to feel this way, it is a normal reaction.”
- “This is difficult and painful, but it is only temporary.”
- “This won’t last forever.”

Fill in the empty spaces with a coping thought you could use in this situation:

[illegible]