

Here are some statements that can be used to replace unhelpful thoughts.
 Put an “X” next to the ones that you think may be helpful for you.
 What things have you told yourself in the past to get through
 a pain flare or difficult situation? **Add your helpful statements to the list.**

X	COPING STATEMENT CHECKLIST
	The pain flare passes in a while.
	I can handle this. I just have to make it through this moment.
	I’ve gotten through it before and I can get through it again.
	I just have to stay focused on the positives.
	I don’t have to suffer. I have skills I can use to cope.
	What would I tell a friend who was in pain?
	How can I set a good example for my kids about coping with life’s challenges?
	How would someone I admire cope with this?
	I just have to focus on something else.
	There may be no cure, but I can still live my life.
	I’m going to focus on what I can do, not what I can’t do.

REMEMBER

Remember, it’s easy to think of positive statements when you’re feeling okay. But, if you are in a bad mood or having a pain flare, it’s more difficult. Keep a list of these or other helpful statements in a place where you can easily find them when you need them most (e.g., in your wallet, on your refrigerator, in your phone).