**Realistic Self-Talk**

1. This too shall pass, and my life will be better.
2. I am worthy and a good person.
3. I am doing the best I can, given my history and level of current awareness.
4. Like everyone else, I am a fallible person and at times will make mistakes and learn from them.
5. What is, is.
6. Look at how much I have accomplished, and I am still progressing.
7. There are no failures only different degrees of success.
8. Be honest and true to myself.
9. It is okay to let myself be distressed for a while.
10. I am not helpless. I can and will take the steps needed to get through this crisis.
11. I will remain engaged and involved instead of isolating and withdrawing during the situation.
12. This is an opportunity, instead of a threat. I will use this experience to learn something new, to change my direction, or to try a new approach.
13. One step at a time.
14. I can stay calm when talking to difficult people.
15. I know I will be okay no matter what happens.
16. He/She is responsible for their reaction to me.
17. This difficult/painful situation will soon be over.
18. I can stand anything for a while.
19. In the long run who will remember, or care?
20. Is this really important enough to become upset about?
21. I don’t really need to prove myself in this situation.
22. Other people’s opinions are just their opinions.
23. Others are not perfect, and I won’t put pressure on myself by expecting them to be.
24. I cannot control the behaviors of others, I can only control my own behavior.
25. I am not responsible to make other people okay.
26. I will respond appropriately, and not be reactive.
27. I feel better when I don’t make assumptions about the thoughts or behaviors of others.
28. I will enjoy myself, even when life is hard.
29. I will enjoy myself while catching up on all I want to accomplish.
30. Don’t sweat the small stuff- its all small stuff.
31. My past does not control my future.
32. I choose to be a happy person.
33. I am respectful to others and deserve to be respected in return.
34. There is less stress in being optimistic and choosing to be in control.
35. I am willing to do whatever is necessary to make tomorrow better.