

■ Preparation

It's not going to be as bad as I think.

It won't last long and I can cope with it.

I am getting better and need to go to rebuild my confidence.

If I do get bad feelings, I know they won't last long and I can cope with them.

It's better to go than not to go. Worry doesn't help.

I might enjoy it if I go.

■ Coping

Concentrate on what is going on.

I can tolerate anxiety; I've managed it many times before.

Remember to relax and think positive.

This is just anxiety; it is an unpleasant feeling but I've never been ill.

Concentrate on what I have to do.

I know I am going to be OK.

The feelings are unpleasant but not harmful or dangerous.

One step at a time.

The feelings *always* pass away.

■ Praise/Review

I can be pleased with the progress I'm making.

I achieved that; I'm getting better.

I coped with that.

I did that well.

If I keep this up I'm going to get really good at this.

I handled that; it should be easier next time.