

## **106D. Coping Cards**

Life is uncertain & will have moments & seasons, that will vary from good, to very hard, it will not always be fair & may change in the blink of an eye & we need to be ready to accept that things can happen & sometimes life will be hard, but we can learn how to stand strong & to cope with change, as it comes along.

We do need to come to realize, that hard, doesn't always equal bad, but sometimes faulty thoughts & reactions can lead to life becoming something that we never imagined, leading into a season of battles, for a great number of people, whose lives have been overshadowed by addiction, Agoraphobia, panic disorder, mental issues, or any number of negative life issues.

We will be addressing & providing help with dealing with many of these issues, but for starters we are going to discuss a tool that can help with different life issues, when worked seriously & given the time & effort that it is worthy of, as creating positive new pathways in your mind, thinking & brain needs to be achieved & can positively affect your thinking & life.

Learning to use positive coping statements to counteract negative thoughts & thinking is very important for healing.

These coping statements need to be realistic, personal & in your own words, applying directly to the issue that you are seeking change with, as well as what you can & are willing to do, or change in your thinking, or behaviors to bring about positive life changes.

Regardless of the issues that you are battling, you must remember that it is okay to be human & that every single person alive could be overtaken by & have to battle with what you are dealing with, at any moment & most likely millions already are, or have, as there is nothing new under the sun & you can win your battle; starting with using the right positive brain & hope enhancing tools & carrying a simple positive message “ a coping card statement”, note card, or cell phone notes, to help guide your mind, through difficult moments.

When dealing with anxiety, self-esteem & other negative life issues, try positive coping statements, by writing out something like this; Many people will accept me, many may not, but I don't need others approval & if something scares me, then something scares me, so what, it's not that big of a deal, as long as I don't make it a big deal, as everyone battles hidden fears & thoughts & if I shake a lil, out of fear, that's okay, as that's just anxiety releasing itself, or if I stumble, or studder, or whatever may happen, so what, I'll keep moving forward with it & not waste energy on any disapproval from wrongful judgmental people, as I am not here to impress anyone & others thoughts of me are just not that important to me, my world, or my healing, as I am going to be okay, not for them, but for me, by working on all that I need to for me & my hope & my life, regardless of others thoughts.

Coping cards start with a reminder, that running into disapproval is not really all that important, as making mistakes is natural & will happen & can be survived & as long as your treating others

with respect, because of who you are, than you can deal with disapproval, as you cannot please everyone & the consequences that you fear are not as bad, or real, as your fear tries to make you think they are.

There is true guaranteed power in filling your mind with positive coping thoughts & truths, all day, everyday & Coping cards are personally designed by you, for you, e.g. When I go out in public, I'll be anxious; my heart will race, I will be sweaty & shaky etc. but I will still do my best & though fearful, I will get through it. I will remember that anxiety is uncomfortable, & that it will pass. I don't have to be perfect, I'm only human & I will be happy with myself for facing this. When I face my fears, I beat them, as I realize that disaster is unlikely & if I run into disapproval, it's not the end of the world, as the people that care about me, will love me no matter how, or what I feel.