

Appendix C

Positive Coping Thoughts:

- This is the problem. I can react emotionally or solve the problem.
 - It is okay to be frustrated, but I still need to deal with the problem.
 - I need a plan.
 - It's not the end of the world, it is an inconvenience I can deal with.
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Self Confidence Thoughts:

- I can handle things I don't like.
 - I'm getting better at dealing with frustration.
 - Stay cool I can handle this.
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Calming Thoughts:

- Stay cool, losing control won't help.
 - It's not worth being this upset.
 - This is temporary, stay calm and it will pass.
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People Thoughts:

- I need to focus on me not them.
 - People have a right to make mistakes.
 - People can act any way they want.
 - I will not let others acting stupid control me.
 - I cannot read people's minds.
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Wants Not Needs or Shoulds:

- I don't have to have everything my way.
 - This is what I want not what I need.
 - Things are the way they are. I can handle it even if I don't like it.
 - Others don't control my emotions.
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