

DBT Coping Statements Affirmations

Fourteen pages of DBT-informed coping statements

Research-informed use. This resource may support skill learning but is not comprehensive DBT. The four common skills domains are mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation; outcomes remain individualized.

ABOUT THIS RESOURCE

A client list of coping statements and affirmations drawn from DBT skills: urge tolerance, radical acceptance, non-judgment, boundaries, self-compassion, present-moment focus and distress tolerance. Each page holds a dozen or so statements that can be read, chosen from, or copied onto cards.

HOW TO USE IT

Ask the client to mark the five that land, then build a pocket card from those. Not every statement will fit every person.

AT A GLANCE

AUDIENCE	Client Resource
FORMAT	Reference library
FAMILY	DBT · emotion regulation

16

PAGES

13

REFERENCE PAGES

1

WORKSHEETS

1

TEACHING PAGES

CONTENTS

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3	Choosing Your Statements	p. 15

Page numbers refer to this edition.

I do not have

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I do not have

deeply

to act on

I can ride this

every

out and not

emotional urge

let it get to

I have

I believe in

I accept

the person I

myself and

dream of

love myself

becoming

I recognise

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- | | |
|-----------------|----------------|
| ● I recognise | ● meaning and |
| ● the problem | ● purpose |
| ● and accept it | ● I will not |
| ● for what it | ● worry about |
| ● I don't have | ● the things I |
| ● control over | ● can not |
| ● the past | ● control |
| ● My life has | |

No amount

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- | | |
|-------------------|------------------|
| ● No amount | ● good person |
| ● of guilt can | ● I choose not |
| ● change the | ● to feed into |
| ● past and no | ● this emotion |
| ● amount of | ● but simply |
| ● worry can | ● observe it |
| ● change the | ● for what it is |
| ● future | ● I don't have |
| ● I might have | ● to be perfect |
| ● some faults | ● or free of |
| ● but I'm still a | ● mistakes |

I have the

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- | | |
|-----------------|-----------------|
| ● I have the | ● part of my |
| ● courage to | ● journey and |
| ● say no | ● allow me to |
| ● I can simply | ● appreciate |
| ● observe my | ● the good |
| ● emotions and | ● times |
| ● not believe | ● I see this as |
| ● them as facts | ● neutral and |
| ● Difficult | ● not as good |
| ● times are | ● or bad |

I will not

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I will not

wisely

compare

I can't

myself to

change what

strangers on

has already

the internet

happened

I will give

It's okay to

myself the

be myself and

compassion I

not what

need to

others want

respond to

me to be

this moment

I choose to

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- | | |
|----------------|----------------|
| ● I choose to | ● judge myself |
| ● observe my | ● for having |
| ● emotions | ● emotions |
| ● without | ● I can |
| ● judgment | ● survive the |
| ● I am not in | ● present even |
| ● danger right | ● if I don't |
| ● now | ● like what's |
| ● I will not | ● happening |
| ● negatively | |

If someone

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- | | |
|------------------|----------------|
| ● If someone | ● life, I do |
| ● gets angry | ● I can accept |
| ● with me | ● things just |
| ● saying no, | ● the way they |
| ● that doesn't | ● are |
| ● mean I should | ● I breathe in |
| ● have said yes. | ● relaxation |
| ● My thoughts | ● and breathe |
| ● don't | ● out |
| ● control my | ● negativity |

I will not feel

DBT Coping Statements Affirmations · worksheet

I will not feel guilty for caring for myself My feelings are not a reflection of personality I choose to accept myself in this

moment

exactly as I

I can feel

anxious and

still handle

this situation

Perfection is

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- | | |
|-----------------|-----------------|
| ● Perfection is | ● as good or |
| ● unrealistic | ● bad |
| ● but giving it | ● I am worthy |
| ● my best is | ● of respect |
| ● what | ● and |
| ● matters most | ● acceptance |
| ● I choose to | ● I embrace |
| ● observe this | ● both my |
| ● emotion and | ● good and |
| ● not label it | ● bad qualities |

I can control

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I can control	person who
only myself	experiences
and my own	the world
actions	differently
My small	I have dealt
steps	with difficult
towards my	things before
big goals is	and I can
still process	deal with
I am a	this too
sensitive	

I choose to

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- | | |
|-----------------|-----------------|
| ● I choose to | ● power I allow |
| ● focus my | ● them to |
| ● attention on | ● I can truly |
| ● goals and | ● and deeply |
| ● things that | ● accept this |
| ● are uplifting | ● moment |
| ● Negative | ● I believe in |
| ● thoughts only | ● myself and |
| ● have the | ● my abilities |

Today

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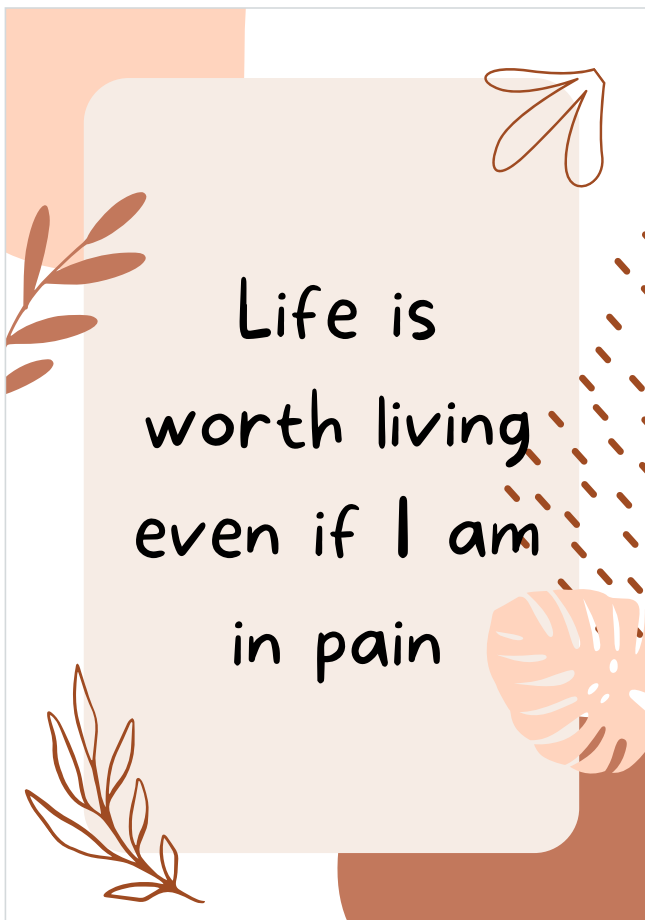
- | | |
|--------------|---------------|
| ● Today | ● My needs |
| ● will be | ● and wants |
| ● what it is | ● are |
| ● I have the | ● important |
| ● power to | ● My feelings |
| ● create | ● are not |
| ● change | ● facts |

Acceptance

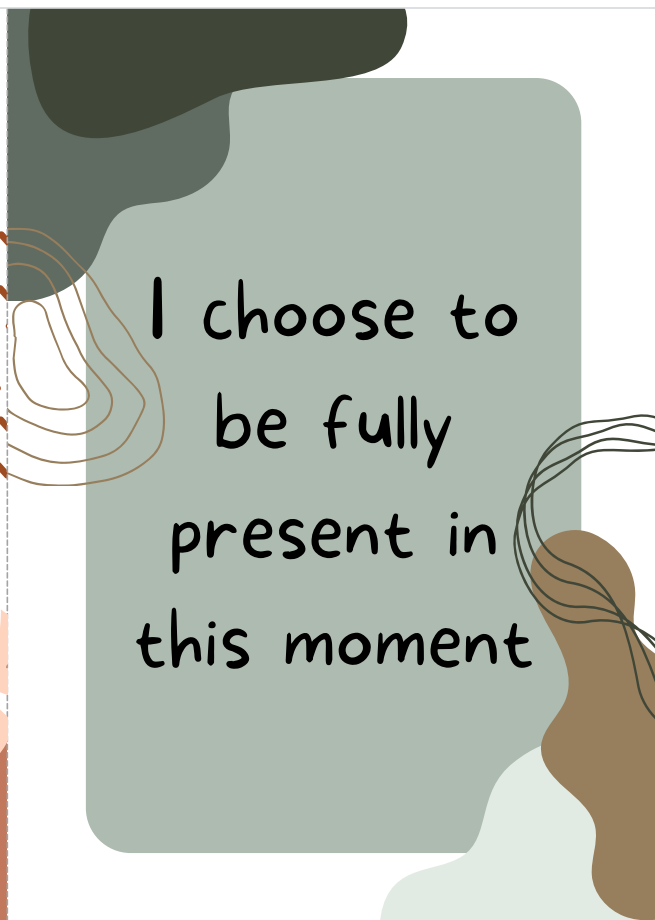
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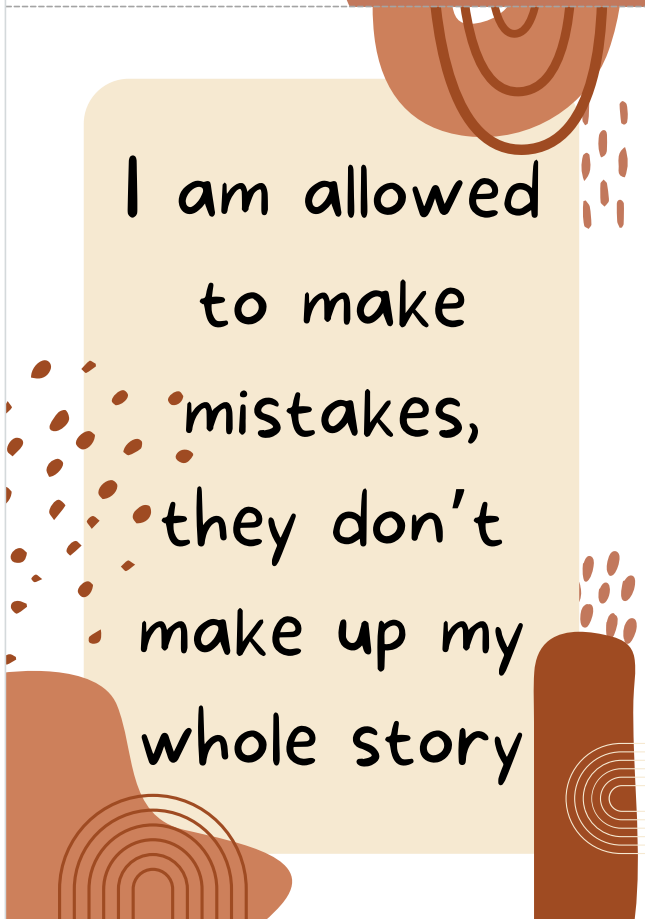
- | | |
|-----------------|----------------|
| ● Acceptance | ● This |
| ● is not | ● too shall |
| ● weakness | ● pass |
| ● It is okay to | ● I care about |
| ● feel this | ● myself and |
| ● way | ● other people |



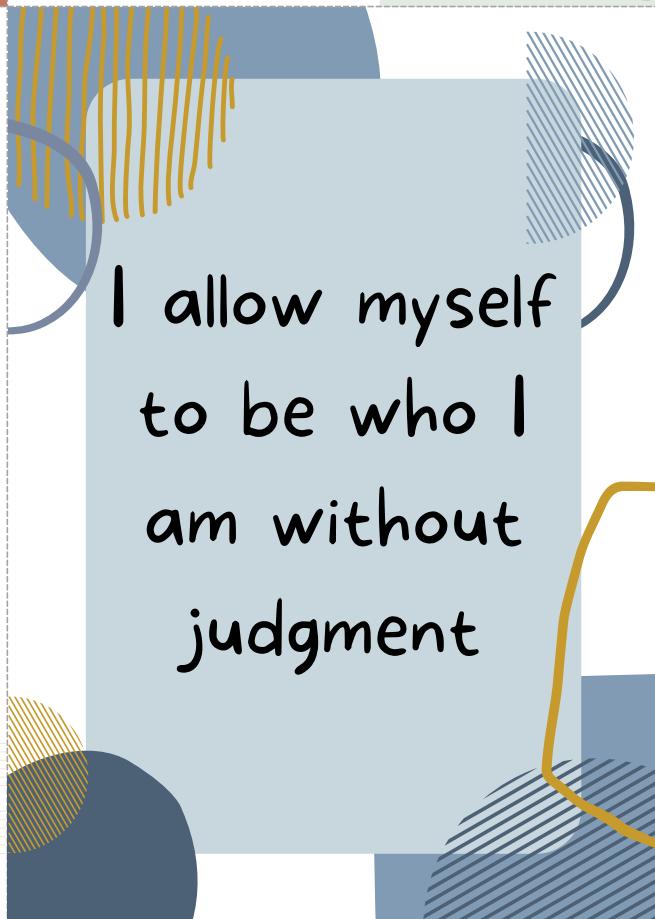
Life is
worth living
even if I am
in pain



I choose to
be fully
present in
this moment



I am allowed
to make
mistakes,
they don't
make up my
whole story



I allow myself
to be who I
am without
judgment

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DBT Coping Statements Affirmations · information

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