



# Positive Coping Statements & Self-Talk

The use of positive coping statements, or positive self-talk, and can help you positively cope during hardship and stress. They can also help you develop an optimistic perspective and increase productivity (Mayo Clinic, 2020).

I am sure as a college student, you can identify several stressful moments that you may deal with through negative self-talk. Now, let's turn that around! Below you will see a chart from the article, "Positive thinking: Stop negative self-talk to reduce stress" from the Mayo Clinic, with examples on how to rearrange your thinking.

Negative self-talk	Positive thinking
I've never done it before.	It's an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
I don't have the resources.	Necessity is the mother of invention.
I'm too lazy to get this done.	I wasn't able to fit it into my schedule, but I can re-examine some priorities.
There's no way it will work.	I can try to make it work.

Use the worksheet on the next page to identify your negative self-talk and develop positive coping statements that you can use during any stressful time.

Cont. on the next page



## Positive Coping Statements & Self-Talk

- What does your negative self-talk sound like when you are about to take an exam?  
Write it below:

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- Now rewrite that statement using a positive coping statement:

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- What does your negative self-talk sound like when you have a difficult and lengthy research paper due? Write it below:

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- Now rewrite that statement using a positive coping statement:

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- What does your negative self-talk sound like when you get a lower grade than expected? Write it below:

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- Now rewrite that statement using a positive coping statement:

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Schedule an appointment with an Academic Coaching to review your positive coping strategies.  
Email us at [ccuaced@coastal.edu](mailto:ccuaced@coastal.edu)