



Counseling & Psychological Services

at Florida State University

850.644.TALK (8255) | counseling.fsu.edu

HEALTHY THINKING

- It is okay to let myself feel distressed for a while.
- I am not helpless. I will take the steps needed to get through this crisis.
- This too shall pass and my life will be better.
- I can stay calm when talking to difficult people.
- I know I will be okay no matter what happens.
- Although there are things we can't control, we can control our thoughts, feelings and behaviors.
- I can stand anything for a while.
- I deserve love.
- I can manage.
- Everyone is entitled to their own opinion.
- Others are not perfect, and I won't put pressure on myself by expecting them to be.
- I feel better when I don't make assumptions about the thoughts or behaviors of others.
- I'm allowed to enjoy myself, even when life is hard.
- I will enjoy myself while catching up on all I want to accomplish.
- I am respectful to others and deserve to be respected in return.
- There are no failures, only different degrees of success.
- I did the best that I could.
- I am a loving person.