

# Coping Thoughts for Exams

## Preparing for Exams

- I'm going to be all right.
- I've succeeded with this before.
- Let's review what I have to do.
- I know I can do each one of these tasks.
- It's easier once you get started.
- Stay focused on what I have to do.
- Don't let negative thoughts creep in.

## During Exams

- Take it step by step, don't rush.
- Let's get centered...remember to breathe
- I can do this, I am doing it now.
- I can only do my best.
- If I get tense, I'll take a breather and relax.
- It's OKAY to make mistakes.

## Following Exams

- I did it!
- I did all right. I did well.
- I am able to manage the anxiety.
- I've got to tell \_\_\_\_\_ about this.
- I am noticing I'm relieved

## Coping with Fear

- Relax now!
- I notice I am feeling fearful. Watch it go down as I relax.
- Just breathe deeply.
- Concentrate on breathing.
- Keep my mind on right now, on the task at hand.
- I've survived this and worse before.