

Challenging Chronicity Thoughts

Chronicity thought: I become afraid that my condition will get worse.

Recovery thought: *I am confident that my condition will improve.*

Chronicity thought: I feel I can't stand it anymore.

Recovery thought: *I will deal with this the same way I have dealt with other major challenges in my life:*

Chronicity thought: I can't seem to keep (my condition/symptoms) out of my mind.

Recovery thought: *If I stay busy, I can turn my attention away from my condition/symptoms.*

Chronicity thought: There's nothing I can do to reduce the intensity of my symptoms.

Recovery thought: *I am confident that I will learn ways of effectively managing the symptoms of condition.*

Chronicity thought: I wonder whether something serious may happen.

Recovery thought: *I am confident that nothing serious will happen.*

Chronicity thought: My symptoms are awful and I feel that they overwhelm me.

Recovery thought: *My symptoms are challenging but I know that I will learn to deal with them.*

Chronicity thought: I worry all the time about whether my symptoms will end.

Recovery thought: *There are more important things to do with my time than worry about whether my symptoms will end.*