



Abdominal Pain Worksheet 10

Develop Coping Thoughts/Positive Self-Talk

5, 4, 3, 2, 1 Grounding Technique

Positive statements encourage us and help us cope in distressing times. We can act as our own coach by saying encouraging things to ourselves, especially when pain is worse. Creating a sentence that you can say to yourself when you are feeling low or struggling to cope with your pain can be very useful. Some children keep a copy of these in their pencil case or wallet so that they are always available.

Some examples include:

- “I can do this.”
- “I can cope.”
- “Keep calm and carry on.”
- “Thoughts are just thoughts – they are not necessarily fact.”
- “It is okay to feel this way, it is a normal reaction.”
- “This is difficult and painful, but it is only temporary.”
- “This won’t last forever.”

Fill in the empty spaces with a coping thought you could use in this situation:

Situation	Coping Thought/Positive Statement
I have got really bad stomach pain, I am supposed to have a test at school today.	‘The pain will pass, like it has done before. I can still go and do my best, and talk to a teacher to tell them about how I am feeling’.