

Challenging Toxic Assumptions

Socratic questions:

- *"Have I checked this out?"*
- *"Did I succeed before?"*
- *"Is there another way to look at this?"*
- *"Do I have all the information?"*
- *"What would I say to a friend?"*
- *"What's the worst that could happen?"*
- *"If the worst happened, could I cope?"*

Coping statements:

- *"Although this is tough, I can handle it."*
- *"Just breathe."*
- *"This will pass."*
- *"I have many ways to cope."*
- *"I can get help, if I need it."*
- *"I am ready for a challenging situation."*
- *"I know what to do."*
- *"I have choices."*