

# Realistic & Positive Thoughts

I'm doing the best I can.

It's ok to make some mistakes.

This is going to take a long time, whether or not I try to speed it up. I must take one day at a time.

There will be good days and bad days.

I cannot expect too much from myself right now.

It's ok for me to have negative feelings. If I fight having these feelings, it might take longer to feel better.

Even though I feel so bad, just getting through the day is proof of my strength. I can be proud of how much I have accomplished when I get through the day even though I'm feeling this bad.

I know that some of the pain I'm feeling right now is part of the recovery process.

Today, when I'm feeling bad, I know that I will not feel bad all of the time. This is just a bad day. I will get through the day as best I can. I will try to rest. I will treat myself well, because I deserve it. I will wait this out.

Some of what I'm feeling is just like what other people in my situation feel. Not all of my feelings are symptoms of my diagnosis. Everyone dealing with life transitions can feel tired, irritable, or stressed at times.

It's ok that not everyone understands what I am going through. My diagnosis is a real illness that is treatable, even if others don't know anything about it.

I will feel like myself again.

