

Sample Coping Thoughts to Help with Text Anxiety

- This is only anxiety—I've been through this before.
- Lots of people feel this way when they take tests. I'm not the only one.
- I can do well on this test even though I feel afraid.
- All I can do is my best.
- I can get through this.
- I can do it. I've done well on tests before.
- I can practice my relaxation exercises and relax.
- Just breathe and relax.
- I can feel anxious and think at the same time.
- Take it slowly, one step at a time.
- I have time. I don't need to rush.
- If I stop thinking I'm scared, I won't be scared.
- These thoughts seem real, but I know better.
- This anxiety will lessen—I can wait it out.
- This feeling isn't dangerous—I'll be all right.
- Fighting this feeling isn't going to help, so I'll just let it pass.
- I can ease this anxiety by taking deep belly breaths.
- If I breathe deeply, I can keep my mind on the task.
- I don't have to have these fearful thoughts. I can choose to have a more realistic view.

Johnson, S. (1997). Taking the anxiety out of taking tests: a step-by-step guide. NY: Barnes and noble books.

Text Anxiety

Student Success Session

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