

SELF-PITY RESCUE

Many times people slip into self-pity when things do not go their way. That causes a problem, because self-pity causes you to think of yourself as a victim and that will make you feel powerless and depressed. Below is a self-dialogue to help you pull out of self-pity if you are doing that.

PREPARING FOR SITUATIONS WHERE I MAY BE DISAPPOINTED

I have been disappointed in this situation before when things did not go my way.
Watch out for slipping into self-pity if things do not go my way.
Be supportive of myself for things not working out as I wanted but do not portray myself as a victim.
Acknowledge not getting my way as only being unfortunate but not terrible or awful.
Show caring to myself but do not exaggerate my plight.
Move on to other matters if things do not work out as I want.

SELF-TALK WHEN FEELING SELF-PITY

Things have not gone my way. I feel a pull into self-pity.
Do not feel sorry for myself. Do not get into “poor-me.”
Watch-out for victim-hood. That will not be helpful. No “woe is me” thinking.
Do not get immersed in what is wrong with my life. Do not stay focused on what I am not getting.
Be careful not to feel resentful. I was not promised what I want by anyone.
Do not awfulize the situation. It is not the worst.
Bear-up. I can handle this.