

MODEL SELF-DIALOGUE TO DEVELOP TOLERANCE ABILITY

Preparing for a Challenge

I have to face having X (e.g., pain, fatigue, weakness) and that will test my ability to cope.
It is a challenge but I have faced this challenge before and have succeeded.
Do not be intimidated by the challenge to tolerate this situation.
I do not have to be 100% successful. I just have to make the situation bearable to a greater degree.
I can tolerate having X if I put my mind to it. Believe in myself.

Facing X

I feel overwhelmed by X at this moment. I do not think I can tolerate it right now.
Only reduce X by 20% right now. Set a realistic goal for what I can tolerate.
Do not be a black-and-white thinker. Do not think in terms of total tolerance or total incapacity.
Take on the challenge to manage. Do not back-off. I can accomplish what is reasonable.
Work at coping. Build up to adjusting. It will not happen immediately.
Take small steps.
Do not set a goal of total eradication of X. It will not happen. Do not disappoint myself by thinking unrealistically.
Do a relaxation exercise. De-focus from what is stressful.