

Coping Statements for Overwhelm and Shutdown

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When you're overwhelmed, flooded, or shutting down, it can feel like everything is too much. Your system might be experiencing panic, dissociation, or even complete collapse. These coping statements are here to anchor you in truth, even when everything inside feels chaotic or numb. You don't have to believe them all right away. Just notice which ones feel like they **might** be true—and start there.

How to Use This Resource

1. Read through the statements and notice which ones resonate even a little bit.
2. Highlight or underline the ones that feel useful.
3. Speak aloud (or mentally) to specific parts if that feels appropriate.
4. Focus on small steps toward functioning.
5. Use these statements alongside grounding tools, breathing exercises, or during system meetings.

Coping Statements for Overwhelm and Shutdown

- This moment will pass—even if it feels endless.
- We’ve survived every hard moment before this one.
- Overwhelm doesn’t mean failure—it means I’m/we’re trying to cope with more than I can hold alone.
- I/We can take one breath at a time.
- I/We don’t have to figure everything out right now.
- Some parts may be panicking, but that doesn’t mean we’re in danger.
- It’s okay to stop and rest.
- I’m allowed to take up space—even if I’m struggling.
- Our system is doing its best to protect me.
- Dissociation is a survival strategy, not a sign of weakness.
- Nothing needs to be fixed all at once.
- This isn’t the past—it’s just a hard moment in the present
- Even numbness is a form of protection
- We’re allowed to move slowly. That’s still progress.

Reflection Prompts

- Which of these statements feel true—or like they could be true someday?
- Is there any part of me that strongly disagrees? What might that part need instead?
- What would I say to someone I cared about who was feeling this way?
- Who in my system might need to hear one of these right now?

Add Your Own Coping Statements

Sometimes the most helpful reminders are the ones you create yourself. Use this space to write down a few of your own coping statements. You can base them on what works for you, what parts of your system say, or what you've heard from trusted supporters.

Coping Statements

♥ How This Helps You Heal

Coping statements can help calm your nervous system, offer internal reassurance, and shift the emotional narrative from fear to stability. They don't deny your pain—they speak to the parts of you that long for safety and truth. When used regularly, these statements can build trust, reduce shame, and help your system recognize that healing is possible even during hard moments.

You're Not Alone.

Healing isn't easy, and there are no shortcuts. But you've already made it through the hardest parts—and that strength is still with you. This resource was created to support you on your path. Take what helps. Leave what doesn't. Keep going.

◆ More Support Is Available

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CommuniDID: Support for Dissociative Identity Disorder
that's gentle, grounded, and real.

Your voice matters.

If this resource was helpful, confusing, or brought something up for you — I'd love to know. I'm always working to make these tools more useful and more supportive. You can share feedback (even anonymously) here:

<https://www.communiDID/feedback>

☀️ This document is more heartfelt than fancy—made to support you, not impress anyone.

