



HOW I'M FEELING IS JUST TEMPORARY



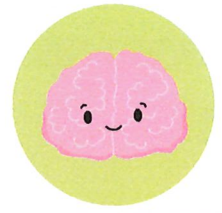
I WILL NOT FEEL THIS WAY FOREVER



MY THOUGHTS ARE NOT FACTS



I CAN TAKE DEEP BREATHS TO CALM MYSELF



I DON'T BELIEVE EVERYTHING MY BRAIN IS TELLING ME



I AM AWARE OF MY FEELINGS AND CAN GROUND MYSELF.



ALL FEELINGS ARE NORMAL.



I CAN STRETCH TO RELEASE TENSION.



I CAN HANDLE THIS.

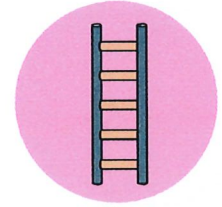


MY FEELINGS ARE ALLOWED TO BE HERE.



CHANGE IS NATURAL. I EMBRACE CHANGE.

MY COPING STATEMENTS



I CAN TAKE THINGS ONE STEP AT A TIME.



I KNOW HOW TO USE COPING TECHNIQUES TO CALM MYSELF.



When you feel that your emotions or thoughts are running away with you, read these statements out loud.



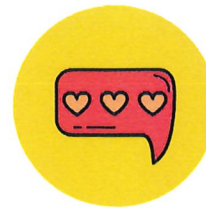
I AM NOT MY THOUGHTS. I AM OK.



I AM BRAVE AND CAN FACE THIS.



I CAN FEEL MYSELF BECOMING STRONGER EACH DAY.



MY THOUGHTS CAN NOT HARM ME.



I CAN TALK ABOUT HOW I'M FEELING.



I CAN FEEL MYSELF FEELING CALMER BY THE MINUTE.



I AM GRATEFUL FOR MY MIND AND BODY.



SOMETIMES THINGS IN LIFE DON'T GO AS PLANNED, BUT I CAN OVERCOME ANYTHING.



I CAN RELAX MY BODY.



ALL THESE FEELINGS WILL PASS.



ALTHOUGH THIS IS UNCOMFORTABLE, I WILL BE OK.