



**IT MAKES SENSE THAT  
I FEEL ANGRY RIGHT  
NOW.**



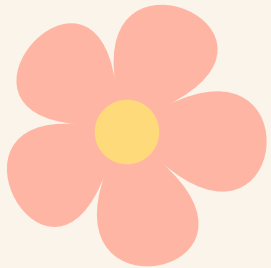
**I AM ALLOWED TO  
SAY STOP.**



**I CAN HANDLE BIG  
FEELINGS.**



**MY FEELINGS ARE  
IMPORTANT AND I  
CAN SHARE THEM  
SAFELY.**



**I CAN TAKE SPACE  
AND COME BACK  
WHEN I'M READY.**



**FEELINGS COME AND  
FEELINGS GO.**



**I HAVE A VOICE AND  
IT MATTERS.**



**I CAN GET THROUGH  
THIS.**



**I AM SAFE.**



**I CAN SLOW DOWN.**



**I AM LOVED.**



**I DON'T HAVE TO  
KNOW EVERYTHING  
YET.**



**I AM ENOUGH.**



**FEELINGS COME AND  
FEELINGS GO.**



**MY BODY KNOWS  
HOW TO CALM.**



**I CAN TAKE THIS ONE  
SMALL STEP AT A  
TIME.**



**I AM SAFE.**



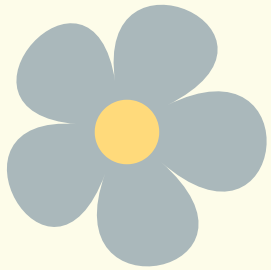
**IT'S OKAY TO FEEL  
SAD.**



**I AM LOVED.**



**I DON'T NEED TO  
HIDE MY FEELINGS.**



**I CAN LET THIS  
FEELING MOVE  
THROUGH ME.**



**FEELINGS COME AND  
FEELINGS GO.**



**I DESERVE COMFORT  
AND CARE.**



**SOMEONE CAN BE  
WITH ME WHILE I  
FEEL THIS.**



**I CAN ENJOY THIS  
MOMENT.**



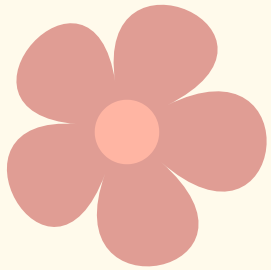
**IT'S OKAY TO FEEL  
GOOD.**



**I AM LOVED.**



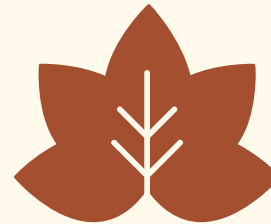
**MY BODY FEELS  
RELAXED AND SAFE.**



**CONNECTIONS FEELS  
GOOD TO ME.**



**I AM ALLOWED TO  
HAVE FUN.**



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**I AM NOT ALONE.**



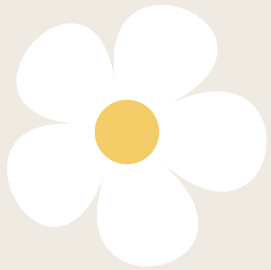
**I CAN GO STEP BY  
STEP.**



**NEW THINGS CAN  
FEEL SCARY AND I  
CAN STILL TRY.**



**I MAY BE SCARED  
BUT I CAN HANDLE  
THIS.**



**I CAN PAUSE WHEN  
THINGS FEEL BIG.**



**I CAN DO HARD  
THINGS.**



**IT'S OKAY TO ASK  
FOR HELP.**



**MY COURAGE  
GROWS WHEN I FACE  
MY FEARS**