

B	I	N	G	O
My feelings are my own.	Having faults does not make me a bad person.	I am lovable and valuable.	It's okay to reward myself or be rewarded.	I can show others a good example.
I am a skillful and artistic person.	My family will benefit from my relaxing more and from my healthy changes.	I deserve to have my rights recognized as much as any other person.	I accept where I am-positive and negative qualities.	I love myself for who I am-not what I do.
Letting go is best for them and for me.	Nothing is worth losing my sanity over.	FREE	I am "enough" simply because I am.	I can be assertive instead of passive or aggressive.
I can be my own best friend.	It's okay to say "I am not equipped to deal with this right now."	I can set and reach goals.	I can ask for help when I need to.	I deserve to have my rights recognized as much as any other person.
I am making positive changes for myself (and those I love).	I am a sensitive person who experiences the world differently.	I have solved problems like this before.	The Lord will perfect that which concerns me.	I am fearfully and wonderfully made.

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