# STRONG

| | | | | |
|---|---|---|---|---|
| Thoughts are just thoughts-they're not necessarily true | I can be angry and still deal with this | I don't need to rush I can take things slowly | This feels bad its a normal body reaction-it will pass | Right now I am not in danger |
| I can learn from this and it will be easier next time | This won't last forever | Short term pain for long term gain | I can be anxious and still deal with this | This feels bad and feelings are very often wrong |
| This will pass | keep calm and carry on | **FREE** | I can be sad and still deal with this | I have survived before I will survive now |
| It's okay to feel this way its a normal reaction | This is difficult and uncomfortable but its only temporary | My mind is not always my friend | I have done this before I can do it again | Right now I am safe |
| I feel this way b/c of my past experiences but I am safe right now | I can fell bad and still choose to take a healthy direction | Stop breathe I can do this | these are just feelings they will go away | I can use my coping skills to get through this |



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