

# positive self talk

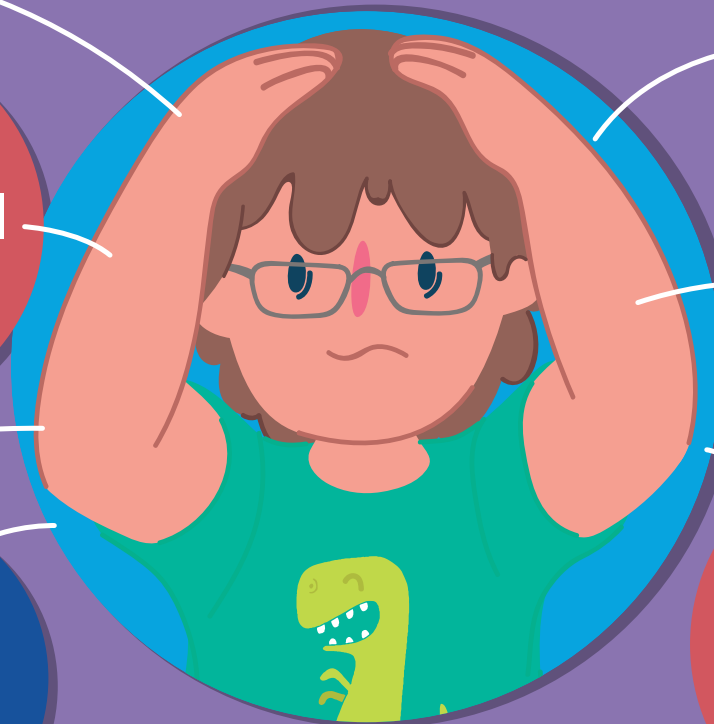
say to yourself...

"This feeling will pass"

"I am strong – I will sort this"

"I can take a break until I cool down"

"I can get through this"



"Just breathe, let it go"

"How big is this problem? It's not the end of the world"

"Everyone makes mistakes"

# positive self talk

say to yourself...

