



I can handle this
EXPERIENCE.
It's uncomfortable but not
DANGEROUS.

These feelings are
UNCOMFORTABLE,
but I have the skills to get
THROUGH THIS.

These feelings
CAN'T HURT
ME.

I'M
SAFE.

I've
LEARNED [#]TOOLS
to cope with these feelings.
I CAN DO THIS.

These feelings
WILL PASS.
Panic can't last forever.

These feelings
ALWAYS PASS.
I can handle this!

These feelings used to help us
SURVIVE.
They will pass.

THIS
TOO SHALL
PASS.

