

# My Treasure Chest III

## Words of Encouragement: Learning to Support My SELF

1. I'm going to be OK.
2. I usually overcome obstacles in my life.
3. I am not alone: I have friends, family, professional support, etc.
4. I have my dog/my cat/my fish/my rat that is always there for me.
5. \_\_\_\_\_.
6. \_\_\_\_\_.
7. \_\_\_\_\_.
8. \_\_\_\_\_.
9. \_\_\_\_\_.
10. \_\_\_\_\_.
11. \_\_\_\_\_.
12. \_\_\_\_\_.
13. \_\_\_\_\_.
14. \_\_\_\_\_.
15. \_\_\_\_\_.
16. \_\_\_\_\_.
17. \_\_\_\_\_.
18. \_\_\_\_\_.
19. \_\_\_\_\_.
20. \_\_\_\_\_.
21. \_\_\_\_\_.
22. \_\_\_\_\_.
23. \_\_\_\_\_.
24. \_\_\_\_\_.
25. \_\_\_\_\_.