

My Treasure Chest III

Words of Encouragement: Learning to *Support My SELF*

Identify as many encouraging words and thoughts as possible. In difficult times, you can take out this list and recite it out loud or in your head in order to gradually learn how to become a solid support for your 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. _____.

