

**I CAN ONLY
CONTROL
MYSELF AND
MY OWN
ACTIONS**



**I CAN COPE
WITH THIS,
I AM
STRONGER
THAN I THINK**



**THIS
SITUATION
IS ONLY
TEMPORARY**



**I CAN LEARN
FROM THE PAST
TO SOLVE
PRESENT AND
FUTURE
PROBLEMS**

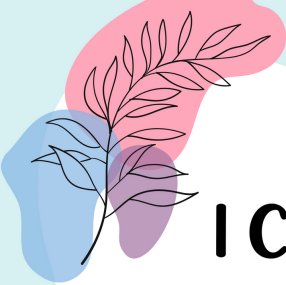
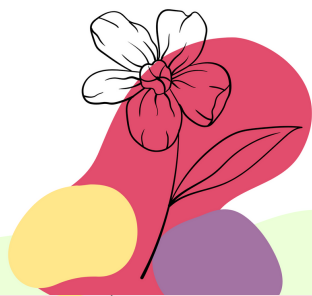




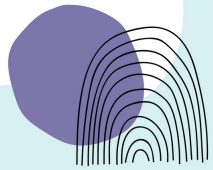
**I WILL NOT
WAIT TO HAVE
A GOOD DAY,
I WILL
MAKE ONE**



**FEELINGS ARE
NOT FACTS,
AND NOT ALL
THOUGHTS
ARE TRUE**



**I CHOOSE
TO FOCUS MY
ATTENTION ON
MY GOALS, AND
THINGS THAT
ARE UPLIFTING**



**IT DOESN'T
MATTER WHAT
THE STRUGGLE IS,
THERE IS
ALWAYS ROOM
FOR HOPE**





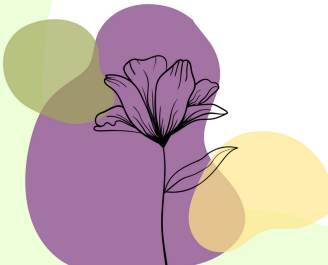
**I WILL NOT
BE HARD
ON MYSELF
TODAY**



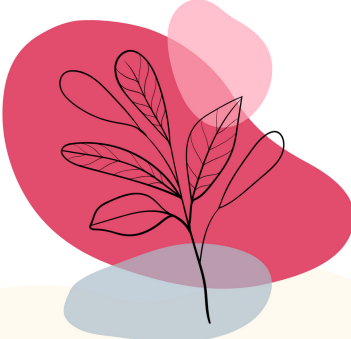
**I HAVE LEARNED
TO TREAT MYSELF
GENTLY BECAUSE
WITH A FEW
EXCEPTIONS,
I AM DOING
MY BEST**



**ANGER HURTS
MORE THAN THE
PERSON I FEEL
RAGE TOWARD,
I WILL LET GO
AND MOVE ON**

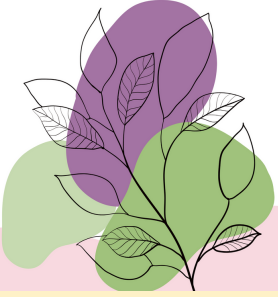


**I CHOOSE
TO MAKE THE
BEST OF WHAT
I HAVE**

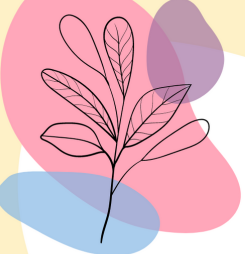




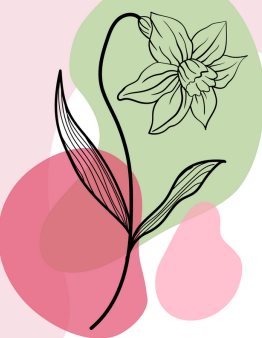
**I WILL SURROUND
MYSELF WITH
PEOPLE WHO ARE
AFFIRMING AND
ENCOURAGING**



**ONE STEP AT
A TIME, THAT
IS HOW I WILL
GET WHERE
I AM GOING**



**I CAN FIND
THE HUMOR
HERE...REALLY,
IT'S KIND OF
FUNNY**



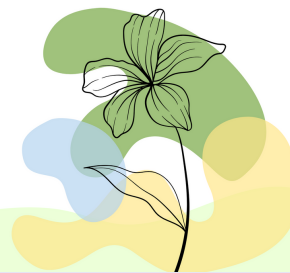
**I CAN
FEEL MYSELF
CALMING
DOWN**



**I AM NOT
AFRAID
OF MAKING
MISTAKES**



**I CAN
LEARN TO
EMBRACE
CHANGE**



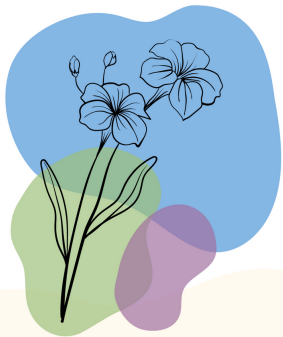
**MY LONG-TERM
GOALS AND
VALUES MAKE
ME FEEL BETTER
ABOUT
SHORT-TERM
DECISIONS**



**IF I LET MYSELF
DOWN BY SLIPPING
BACK INTO OLD
HABITS, I CAN
GENTLY CORRECT
MY COURSE
WITHOUT FEELING
GUILTY**



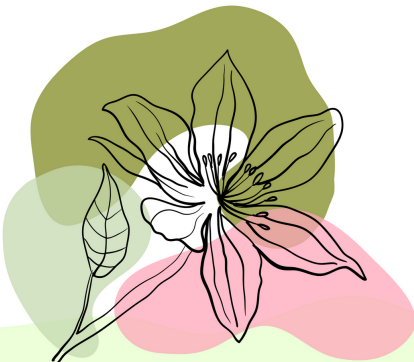
**I CAN CHOOSE
MY THOUGHTS,
I CAN DIRECT
MY THINKING**



**WHAT AM I
LEARNING?**

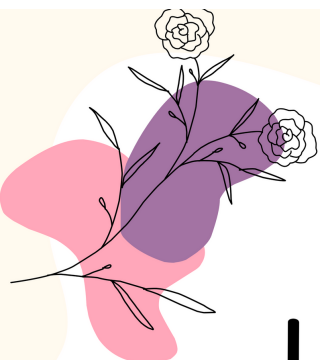


**RELAX,
IT'S OKAY**



**I CAN BE
MY BEST,
EVEN NOW**





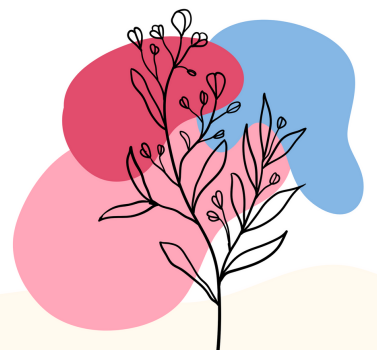
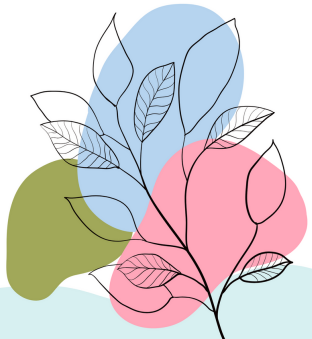
**I AM
STRONG,
I CAN DEAL
WITH THIS**



I TRUST MYSELF

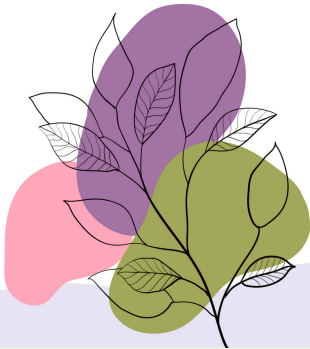


**I AM IN
CONTROL
OF MYSELF**

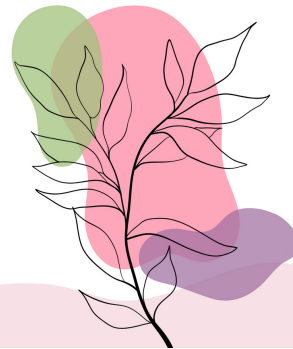


**I'M BIGGER
THAN THIS**

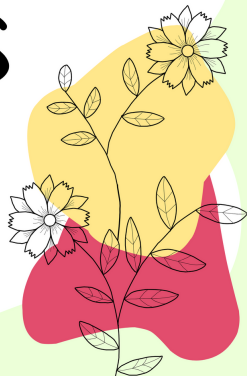
**I CAN BE
GENEROUS IN
THIS MOMENT**



**I CAN FIND
MY PERSONAL
BALANCE**



**I HAVE
THE ABILITY
TO HANDLE
THIS**

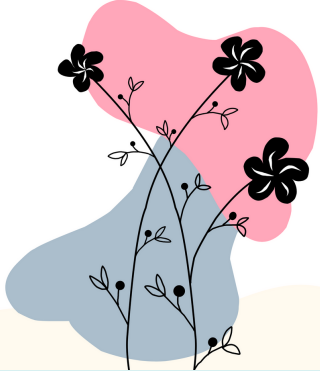


**I AM COOL,
CALM, AND
UNDER CONTROL**

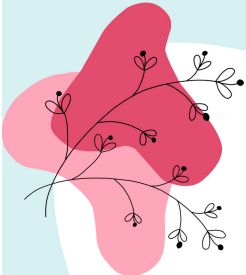




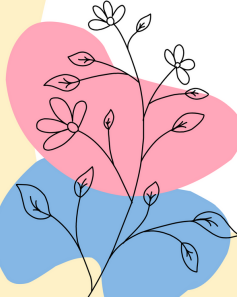
**GOOD TIME
TO COUNT
TO 10...OR 100**



**I'M LETTING
THIS ONE GO,
IT'S NOT
WORTH THE
TOXINS**

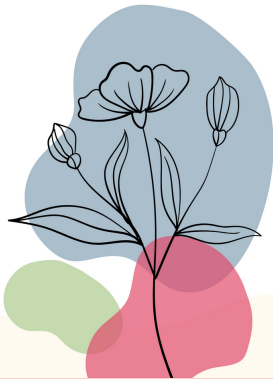


**TIME OUT,
I'M TAKING
A WALK**



**I CAN BE
PATIENT IN
THIS
MOMENT**

**I AM CURIOUS,
AND EAGER
TO TRY NEW
THINGS**



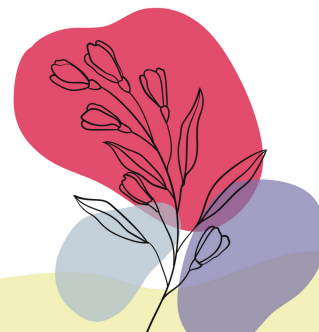
**THIS FEELING IS
A REMINDER TO
SLOW DOWN,
AND TAKE SOME
DEEP BREATHS**



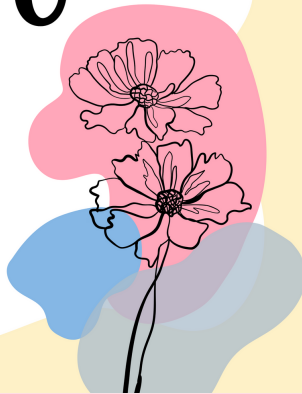
**IT'S OKAY TO
FEEL UPSET,
I CAN STILL
DEAL WITH THIS
EFFECTIVELY**



**IT'S OKAY TO
FEEL MAD,
I CAN STILL
DEAL WITH THIS
EFFECTIVELY**



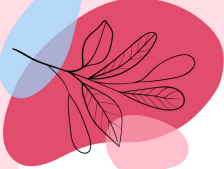
**I REST
WHEN MY
BODY TELLS
ME TO**



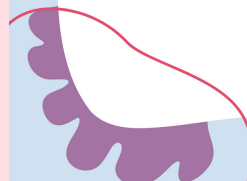
**I AM GOING
TO BE A
WONDERFUL
SUCCESS IN ALL
MY UNDERTAKINGS
TODAY**



**I AM NOT AFRAID
OF LIFE, I BELIEVE
THAT LIFE IS
WORTH LIVING,
AND MY BELIEF
HELPS CREATE
THE FACT**



**I EXPERIENCE
AND EXPRESS
MY EMOTIONS
FREELY**





**LIFE IS ABOUT
CHANGE, AND
I ADAPT EASILY
TO NEW THINGS**



**WALKING AWAY
FROM SOMETHING
THAT IS BAD
FOR ME IS NOT
QUITTING**



**I WILL BE PATIENT
IN STEADILY
WORKING TOWARD
MY GOAL,
REMEMBERING
THAT ALL GOOD
THINGS COME
IN TIME**



**I WILL PERSIST
UNTIL I SUCCEED**

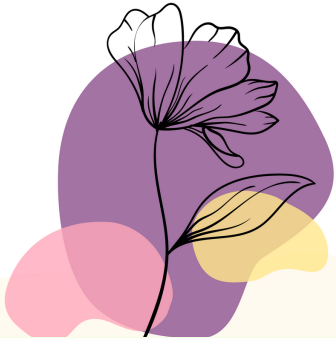




**I AM GRATEFUL
FOR WHO I AM**



**I WILL DETERMINE
MY PRIORITIES
TODAY TO AVOID
CONFUSION**



**I CAN
LET GO
OF SHAME**

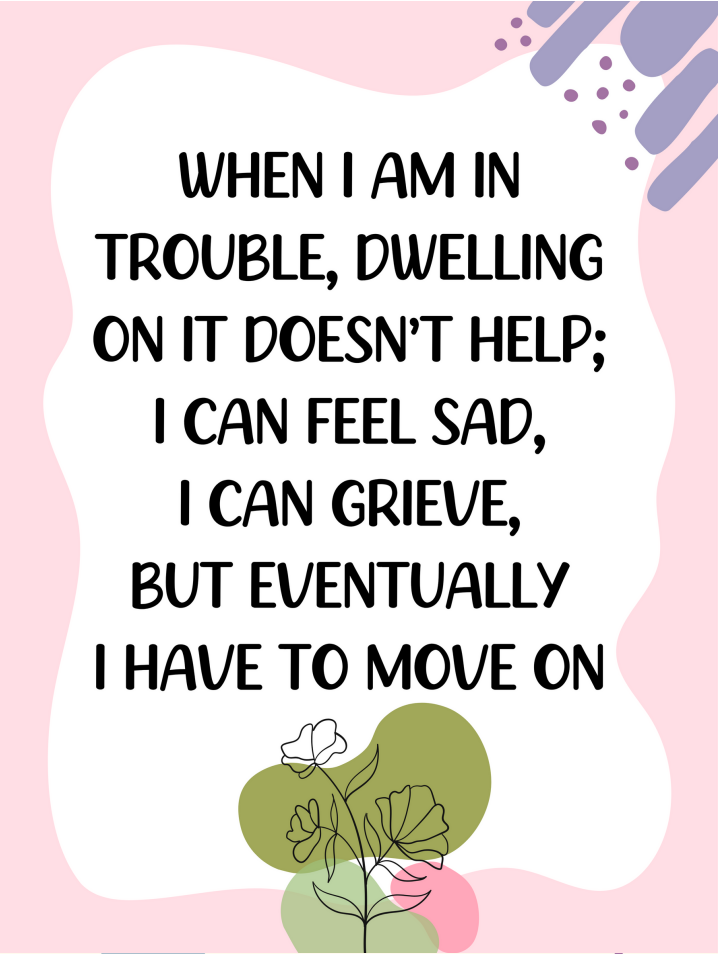


**I BELIEVE
I DESERVE
LOVE**





**I WILL RESIST
ANYTHING THAT
TAKES ME OFF MY
CHOSEN PATH OF
RECOVERY**



**WHEN I AM IN
TROUBLE, DWELLING
ON IT DOESN'T HELP;
I CAN FEEL SAD,
I CAN GRIEVE,
BUT EVENTUALLY
I HAVE TO MOVE ON**



**I WILL SEEK
PROGRESS,
NOT
PERFECTION**

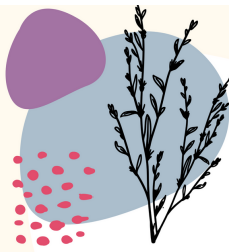


**THE MORE
THINGS I PLAN
TO DO, THE MORE
ENERGY I WILL
HAVE**

**I AM
NATURALLY
BEAUTIFUL
WHEN I AM
MYSELF**



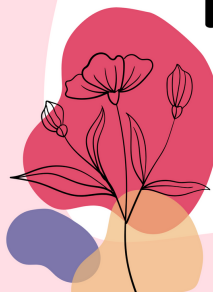
**I CARRY WITHIN
ME ALL THE
ESSENTIALS OF A
HAPPY EXISTENCE**



**FOCUSING ON
THE PRESENT
MOMENT WILL
MAKE ME LESS
ANXIOUS**



**ALL THAT WE
ARE IS A
RESULT OF
WHAT WE HAVE
THOUGHT**



**WHEN I PUT MY
TIME TO GOOD
USE, I VALUE
MYSELF AND
FEEL GOOD**

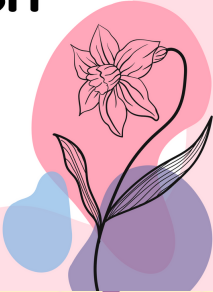
**I WILL BE
PROUD OF MY
STRENGTHS
AND NURTURE
THEM**

**IF I EXPECT RECOVERY
TO BE EASY, I WILL
BECOME FRUSTRATED;
THE EASY STUFF DOESN'T
TEACH US MUCH, WHAT
IS DIFFICULT AND
CHALLENGING ENHANCES
MY GROWTH**

**MY TASK IS
TO DO THE BEST
I CAN, WHICH
IS ENOUGH**



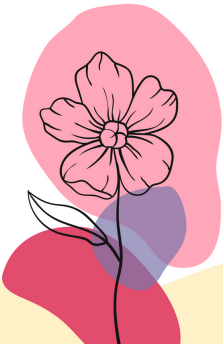
**WHEN I AM FACED
WITH A DIFFICULT TIME,
I WILL GET THROUGH IT
BETTER BY FOCUSING
ON WHAT I HOPE TO
ACCOMPLISH**



**WHEREVER I AM
I WILL DO MY BEST
AND THAT IS ALL
I WILL EVER EXPECT
OF MYSELF**



**THOUGHTS PROVOKE
ACTION, I WILL THINK
HEALTHY THOUGHTS
TO PROVIDE
HEALTHIER ACTIONS**



**I WILL GO ABOUT
MY LIFE DOING
WHAT I BELIEVE IS
RIGHT AND HOLD
FAST TO MY
BELIEFS**





**I CAN LISTEN
TO MY NEEDS**



**WHEN I LOOK BACK AT
MY PAST I WILL LOOK
TENDERLY AND GENTLY
AT ALL I HAVE BEEN
THROUGH,
I WILL BE PROUD OF
MY ACCOMPLISHMENTS
AND HOW FAR
I HAVE COME**



**I AM PROUD
OF MYSELF FOR
ALL I HAVE
ACCOMPLISHED NO
MATTER HOW SMALL
OR GREAT**



**WHEN I AM
REQUIRED TO
EXHIBIT STRENGTH,
IT COMES**

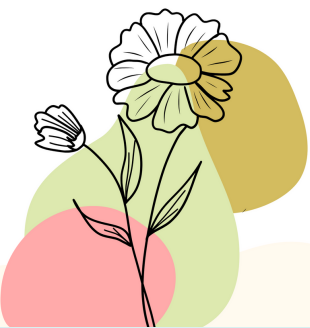




**THERE IS A PURPOSE
AND VALUE TO EACH
DAY OF MY LIFE,
I WILL NURTURE MY
TIMES OF ACTION
AND VALUE MY
QUIETER TIMES OF
GOING WITHIN**



**I AM READY TO
HEAL MY HEART,
I AM DESERVING
OF THIS**



**I HAVE ALL THE
GUIDANCE,
ENERGY, IDEAS,
CREATIVITY,
POWER, AND
ABILITY TO DO ALL
I AM MEANT
TO DO**



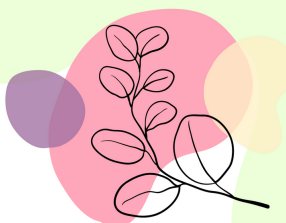
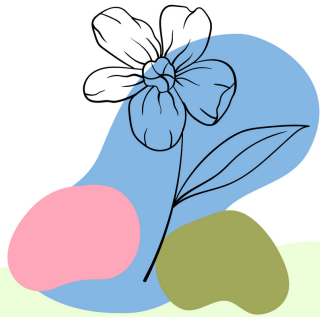
**TODAY
I TAKE TIME
TO INHALE
PEACE AND
EXHALE FEAR**



**I WILL NOT
ALLOW THE FEAR
OF “WHAT IF”
TO RUIN THE JOY
OF “WHAT IS”**



**I AM DOING
BETTER THAN
I THINK**



**I WILL NOT LET
EXPECTATIONS
DISTORT MY
EXPERIENCE**

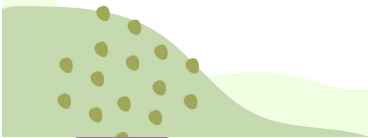


**WHEN I FEEL TOO
MUCH STRESS,
I WILL GIVE
MYSELF A BREAK
AND LET MY
BODY SOAK UP
HEALING ENERGY**





**EVERY CHOICE
I MAKE WILL TEACH
ME SOMETHING AND
WHENEVER
I LEARN SOMETHING
THERE IS SUCCESS,
NOT FAILURE**



**I DESERVE
TO RECOVER**



**I WILL BE
GENTLE WITH
MYSELF
WHEN I GET
STUCK**



**SOMETIMES
I NEED TO SPIN
MY WHEELS,
IT HELPS ME
GET UNSTUCK**

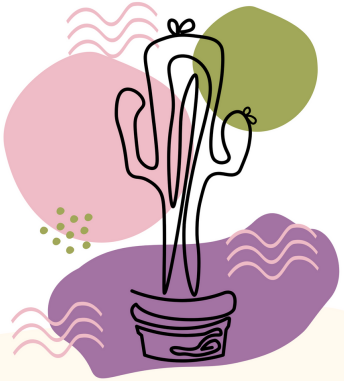




**I CAN BECOME
THE PERSON
I WANT TO BE**



**I MAKE THE
WORLD MORE
SPECIAL JUST
BY BEING IN IT**



**I BELIEVE LIFE IS
WORTH LIVING**



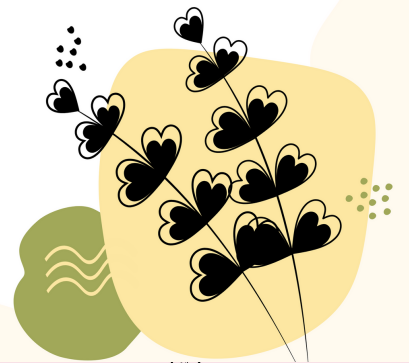
**ALL THE
WONDERS
I SEEK ARE
WITHIN ME**



**I WILL GIVE
MYSELF THE CARE
AND ATTENTION
I NEED**



**I CAN SIT DOWN IN
A QUIET PLACE
AND GET IN TOUCH
WITH MYSELF**



**I WILL MAKE AN
EFFORT EVERY DAY
TO FEEL GOOD
ABOUT WHO I AM
AND WHAT I CAN BE**

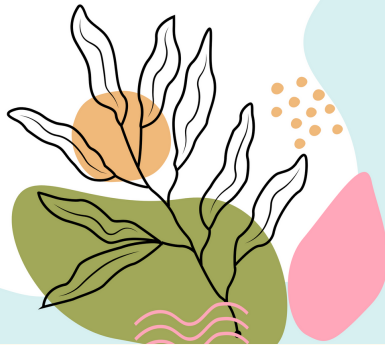


**I NEED CARE
AND ATTENTION,
I AM RESPONSIBLE
FOR SEEING THAT
THIS NEED IS MET**

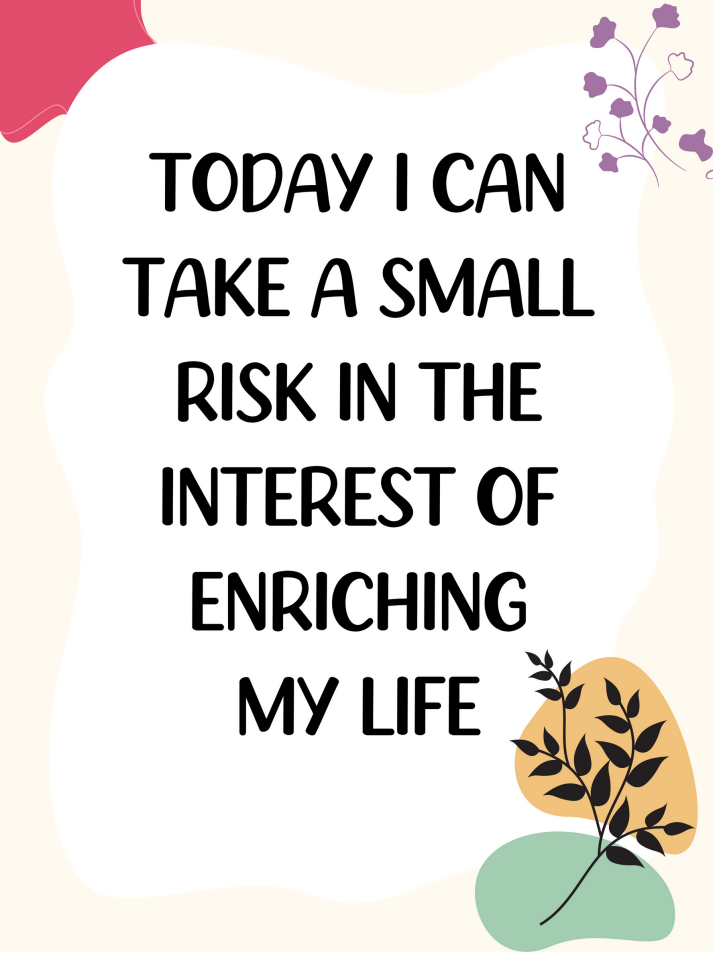
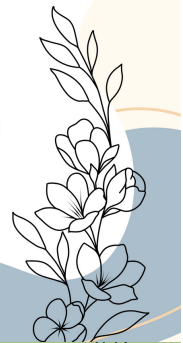




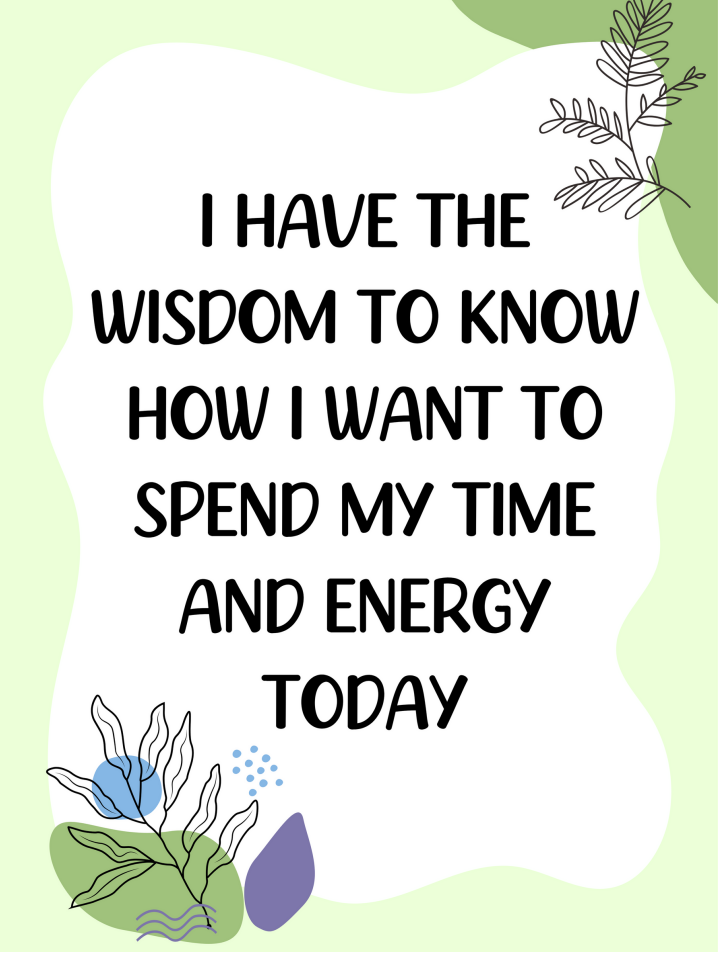
**I GROW BY
DOING WHAT'S
HARD TO DO**



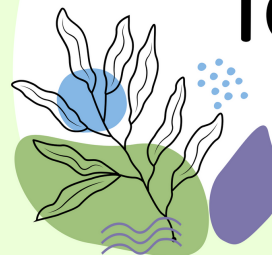
**I NO LONGER
NEED TO SPEND
LARGE BLOCKS
OF TIME
OBSESSING**



**TODAY I CAN
TAKE A SMALL
RISK IN THE
INTEREST OF
ENRICHING
MY LIFE**



**I HAVE THE
WISDOM TO KNOW
HOW I WANT TO
SPEND MY TIME
AND ENERGY
TODAY**





**I HAVE THE WILL,
STRENGTH,
AND DESIRE TO
CONTINUE
WORKING ON
RECOVERY**



**MY ACTIONS
TODAY WILL
BUILD GOOD
MEMORIES FOR
TOMORROW**

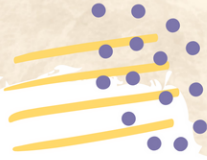


**TODAY, I WILL
CONCENTRATE
ON TAKING ONE
STEP FORWARD,
HOWEVER SMALL**



**POSITIVE OR
NEGATIVE,
THE CHOICE
IS MINE**





**I CAN'T CHANGE
OTHER'S ACTIONS
OR WORDS, BUT
I CAN CHOOSE
HOW I RESPOND**



**I CAN HANDLE IT
EVEN IF I DON'T
GET WHAT I WANT
OR NEED**



**IT'S OKAY TO
WANT OR NEED
SOMETHING FROM
SOMEONE ELSE**



**STANDING UP FOR
MYSELF FOR "SMALL"
THINGS CAN BE JUST
AS IMPORTANT AS
"BIG" THINGS ARE
TO OTHERS**

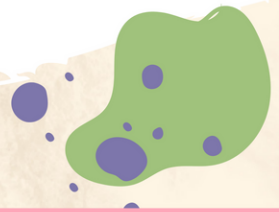




**THE FACT THAT
I SAY “NO” TO
SOMEONE DOES
NOT MAKE ME A
SELFISH PERSON**



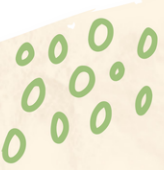
**IF SOMEONE GETS
ANGRY AT ME FOR
SAYING “NO,” THAT
DOES NOT MEAN I
SHOULD HAVE
SAID “YES”**



**JUST BECAUSE
SOMEONE SAYS “NO”
TO MY REQUEST DOES
NOT MEAN I SHOULD
NOT HAVE ASKED IN
THE FIRST PLACE**



**TODAY, I CHOOSE TO
PLACE LOVE AROUND
ANY FEAR-BASED
EMOTIONS I MAY HAVE
TOWARD ANOTHER
PERSON OR SITUATION**





**I WILL NOT FEEL
GUILTY FOR
CARING FOR
MYSELF**



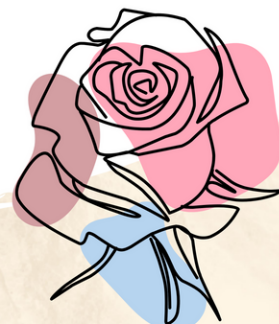
**NO ONE CAN
MAKE ME A
VICTIM UNLESS
I ALLOW THEM TO**



**I WILL FORGIVE
IN ORDER TO
MOVE FORWARD**



**I WILL NEVER
PLEASE EVERYONE
AND THAT'S OKAY**

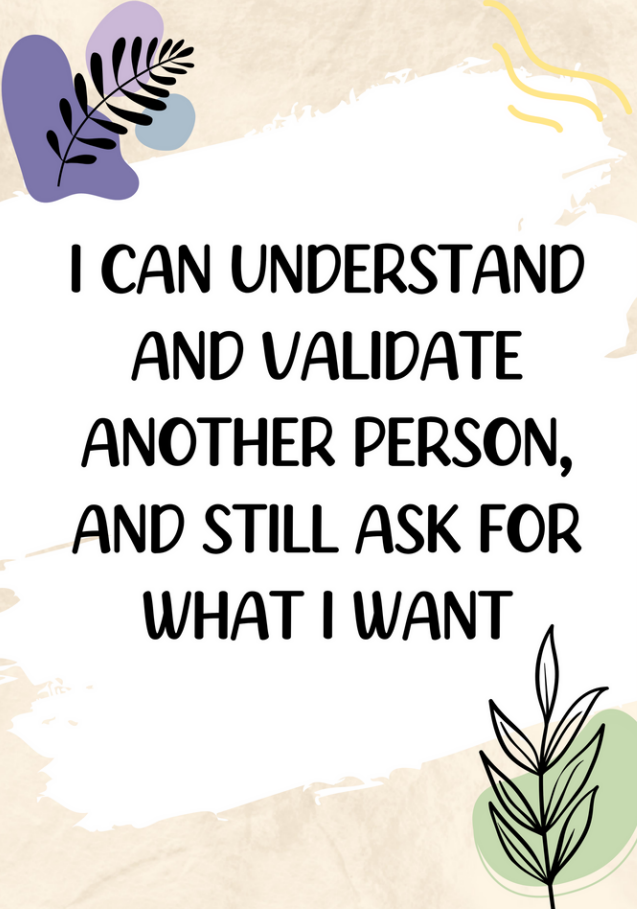




**I AM LOVING AND
COMPASSIONATE
TOWARD ALL OTHERS,
REGARDLESS OF
ANY SITUATION**



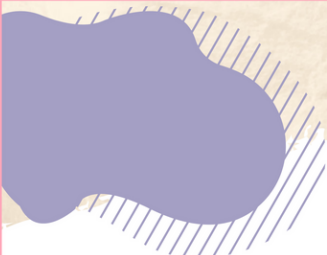
**I CAN STILL FEEL
GOOD ABOUT
MYSELF, EVEN IF
SOMEONE ELSE IS
ANNOYED WITH ME**



**I CAN UNDERSTAND
AND VALIDATE
ANOTHER PERSON,
AND STILL ASK FOR
WHAT I WANT**



**I AM UNDER NO
OBLIGATION TO
SAY "YES" TO
SOMEONE SIMPLY
BECAUSE THEY
ASK FOR A FAVOR**



**I WILL NOT LISTEN
TO ANYONE WHO
TELLS ME WHAT
I CAN'T DO**



**JUST BECAUSE I DIDN'T
GET WHAT I WANTED
LAST TIME DOES NOT
MEAN THAT IF I ASK
SKILLFULLY THIS TIME
THAT I WON'T GET IT**



**I HAVE A CHOICE
TO ASK SOMEONE
FOR WHAT I WANT
OR NEED**



**I CHOOSE TO
UNCONDITIONALLY
ACCEPT MY FAMILY,
MY FRIENDS, MY PEERS,
MYSELF, AND ALL WHO
I ENCOUNTER TODAY
REGARDLESS OF THE
CIRCUMSTANCES**





**THE FACT THAT
OTHER PEOPLE MIGHT
NOT BE ASSERTIVE
DOESN'T MEAN THAT
I SHOULDN'T BE**



**IF I REFUSE TO DO A
FAVOR FOR PEOPLE,
THAT DOESN'T MEAN
I DON'T LIKE THEM;
THEY WILL PROBABLY
UNDERSTAND THAT TOO**



**THERE IS NO LAW
THAT SAYS OTHER
PEOPLE'S OPINIONS
ARE MORE VALID
THAN MINE**



**I WILL SURVIVE
IF I GET TOLD
"NO"**

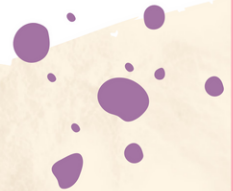




**I DESERVE
TO GET WHAT
I NEED**



**I MAY WANT TO
PLEASE PEOPLE
I CARE ABOUT BUT
I DON'T HAVE TO
PLEASE THEM ALL
THE TIME**



**I CAN INSIST ON
MY RIGHTS AND
STILL BE A GOOD
PERSON**



**GIVING, GIVING,
GIVING, IS NOT THE
BE-ALL OF LIFE,
I AM AN IMPORTANT
PERSON IN THIS
WORLD TOO**





**I CAN LET GO
OF THE NEED TO
PROVE MYSELF
TO OTHERS**



**I AM GRATEFUL
TO THE PEOPLE
WHO ARE HELPING
ME HEAL, GROW,
AND MOVE ALONG
MY PATH**



**I WILL NOT LET OTHERS
INTERFERE WITH MY
STEADY RESOLVE TO
LIVE A FULL, USEFUL,
AND PRODUCTIVE DAY**



**I WILL SEEK OUT PEOPLE
WHO EMPOWER ME,
AND DURING THOSE
TIMES WHEN THEY ARE
NOT AROUND, I WILL
KNOW THAT I CAN
EMPOWER MYSELF**





**I CAN ACCEPT
THINGS THE WAY
THEY ARE**



**I'VE DEALT
WITH DIFFICULTIES
BEFORE AND I CAN
DEAL WITH THIS**

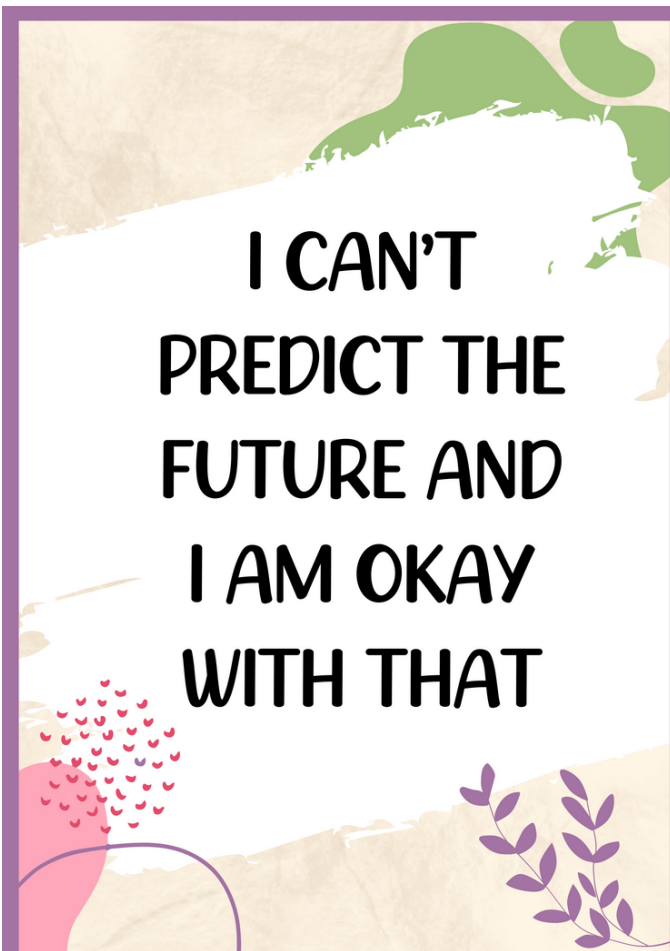


**I CAN FEEL
ANXIOUS AND
STILL DEAL WITH
THIS SITUATION
EFFECTIVELY**

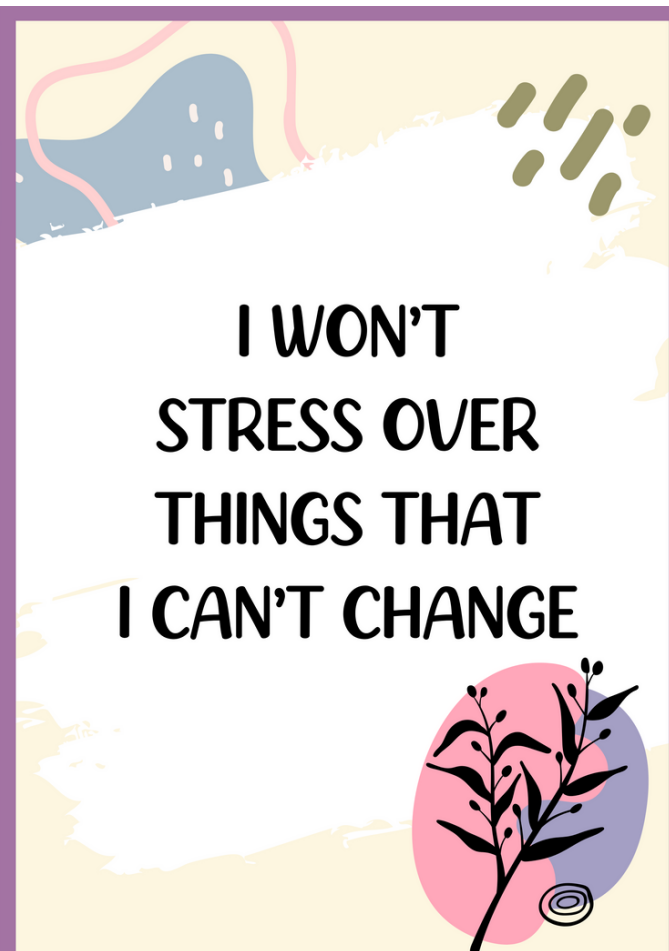


**IT'S A WASTE OF
TIME TO FIGHT
WHAT'S ALREADY
OCCURRED**

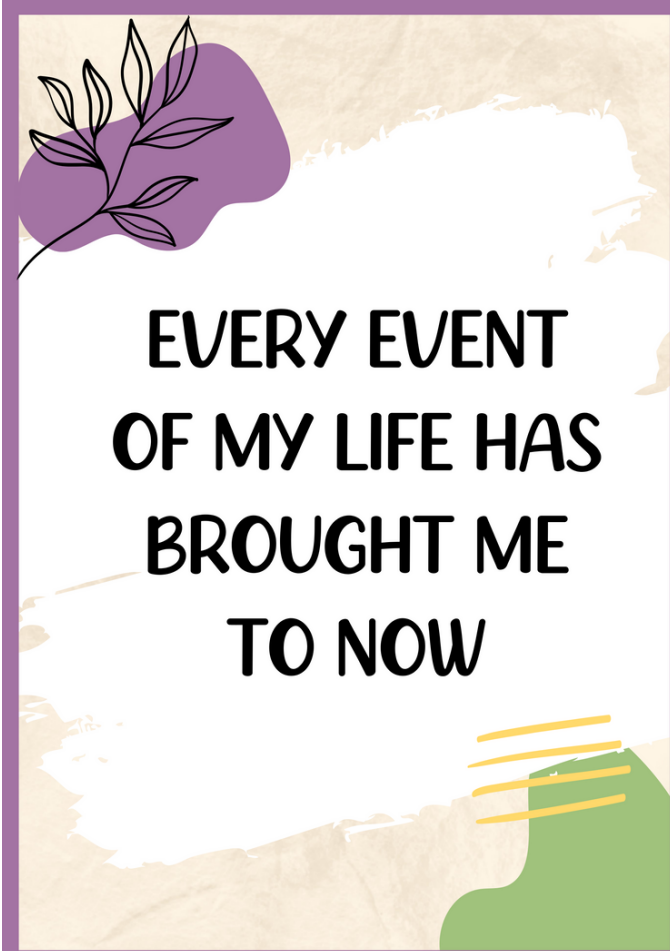




**I CAN'T
PREDICT THE
FUTURE AND
I AM OKAY
WITH THAT**



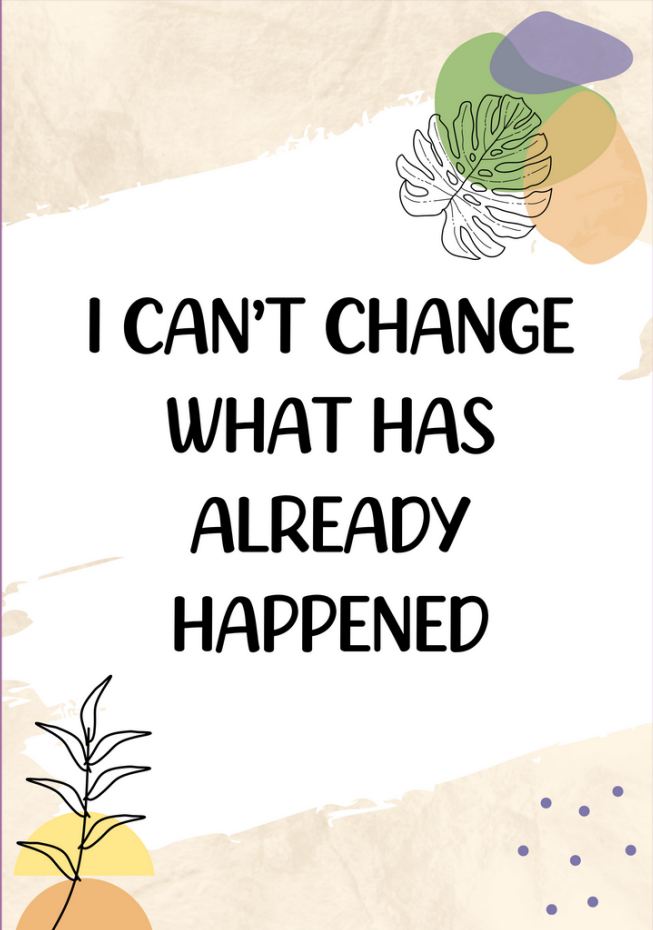
**I WON'T
STRESS OVER
THINGS THAT
I CAN'T CHANGE**



**EVERY EVENT
OF MY LIFE HAS
BROUGHT ME
TO NOW**



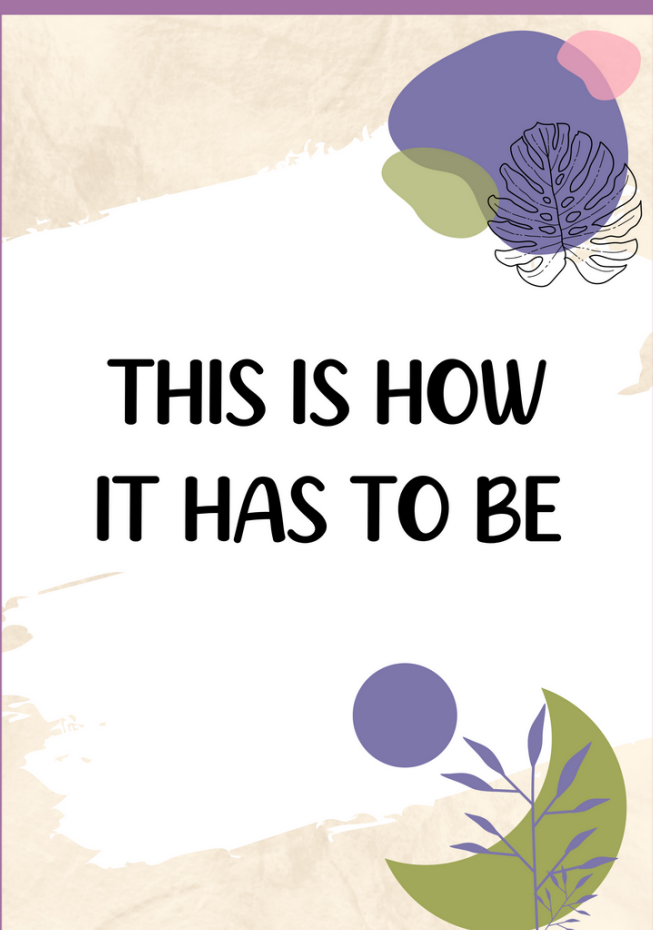
**THIS IS DIFFICULT,
BUT IT IS
TEMPORARY**



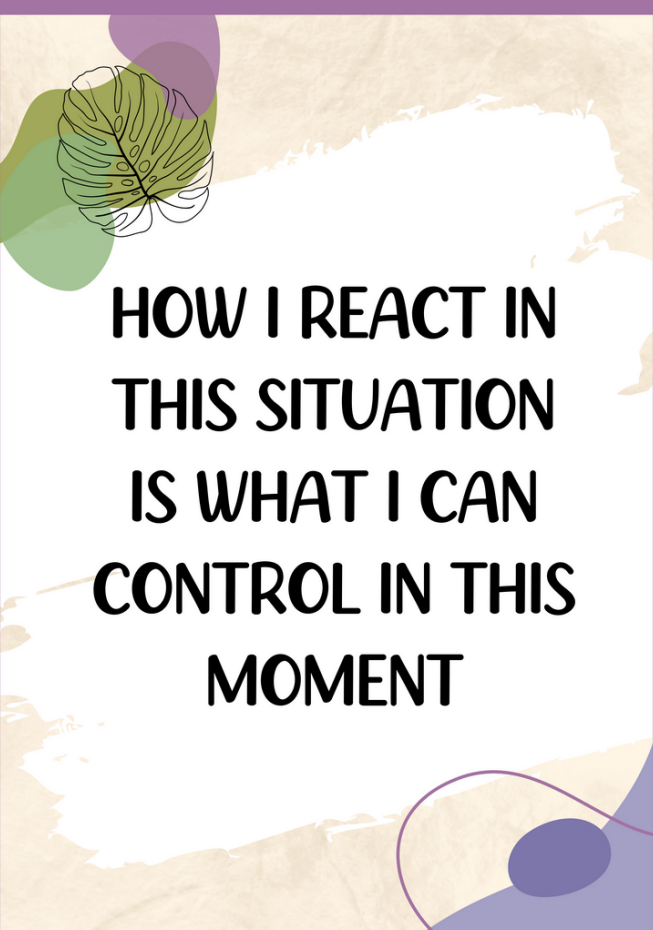
**I CAN'T CHANGE
WHAT HAS
ALREADY
HAPPENED**



**THE PRESENT
IS THE ONLY
MOMENT I HAVE
CONTROL OVER**



**THIS IS HOW
IT HAS TO BE**



**HOW I REACT IN
THIS SITUATION
IS WHAT I CAN
CONTROL IN THIS
MOMENT**

IT IS WHAT IT IS



**EVERYTHING
HAPPENS FOR
A REASON**



**IT'S NO USE
FIGHTING
THE PAST**



**THE PRESENT
MOMENT IS
PERFECT EVEN
IF I DON'T LIKE IT**





**IT'S OKAY
TO FEEL THIS WAY**



**I CAN ACCEPT
MYSELF THE
WAY I AM**



**THIS FEELING
WILL PASS
AND I WILL
BE OKAY**



**I CAN'T CHANGE
THE SITUATION,
BUT I CAN
CONTROL HOW
I RESPOND TO IT**





**RIGHT HERE IS
WHERE I'M
SUPPOSED TO BE**



**WHERE I AM RIGHT
NOW IS THE RESULT
OF A MILLION
OTHER DECISIONS**



**DWELLING IN
THE PAST KEEPS
ME FROM
APPRECIATING
WHAT IS IN THE
PRESENT**



**THOUGHTS ARE
JUST HAPPENING
IN MY BRAIN,
THEY ARE NOT
THE TRUTH**

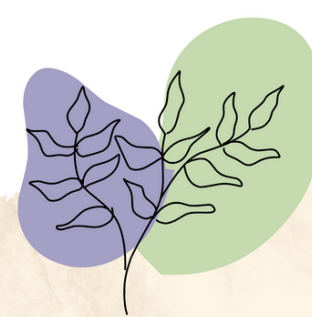




**I HAVE FAITH
THIS WILL
WORK OUT**



**SOMETHING
GOOD CAN COME
OF THIS**



**YES,
IT'S UNCOMFORTABLE,
AND I CAN MANAGE**



**I CAN SURVIVE
THE PRESENT,
EVEN IF I DON'T
LIKE WHAT'S
HAPPENING**





**I TRUST THE
PROCESS OF LIFE**



**I ACCEPT LIFE
AS IT IS
RIGHT NOW**



**THIS MOMENT
IS EXACTLY AS
IT SHOULD BE, GIVEN
WHAT'S HAPPENED
BEFORE IT**



**THIS, TOO,
SHALL PASS**





**TODAY, I CHOSE TO
ACCEPT THE WORLD,
ITS PEOPLE AND ITS
EVENTS AS THEY ARE,
WITHOUT JUDGMENT
OR FEAR**



**BY MY PRACTICING
UNCONDITIONAL
ACCEPTANCE OF
MYSELF, I AM NOW
ABLE TO ACCEPT ALL
OTHERS AS THEY ARE**



**I HAVE FAITH
IN MY PROCESS
OF RECOVERY**



**I NOW CHOOSE TO
INVITE JOY, LAUGHTER,
PEACE, AND LOVE INTO
MY LIFE, AND I ACCEPT
THESE GIFTS IN
WHATEVER FORM THEY
ARE PRESENTED TO ME**

