

Quotation

*if you want, rate how much you believe
in them in the margins.*

Heal Copy, functional life will make up for your time than will hurting yourself. Focus on make your life better.	Things. You are not crazy. Your feelings about what you have been through. Sort them by talking about them and with them.	Time. Take a clock and time how long it takes. Negative feelings will usually subside after a while. You will go away sooner if you distract yourself.	—Creates Change. Beating yourself up helps people in the past have said to you. But if you do not change your behavior, in the future you are less likely to change. Care and compassion promote real change.	Power. Stay in the present: "I am an adult with choices (I am not trapped); I am not alone."
---	---	--	--	---

(cont.)

Personal use only (see copyright page for details).

g Meaning

	re the ate	it the re had too.	r. than e best y.	aring; 3.	ts, and	doing	ed by
--	---------------	--------------------------	-------------------------	--------------	---------	-------	-------

(cont.)

to carry the
conflicts with
is their

to do, start
ff an

nto words.
ople to know

han what you
s in life, your

you. Find a
ior) and try

happened so
rtice your

can happen?
n and move

(cont.)

