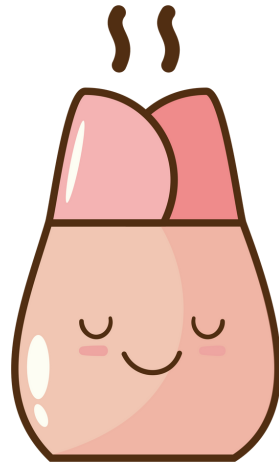
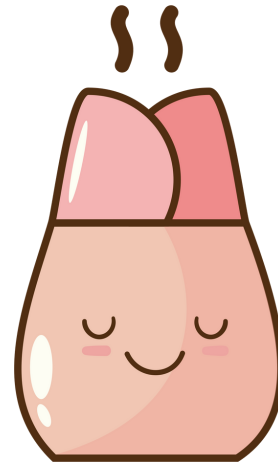


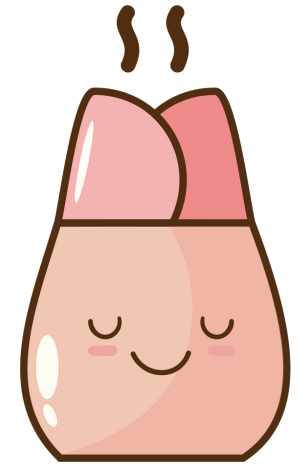
SOOTHING



SOOTHING



SOOTHING



SOOTHING

Say kind
statements.

Speak to yourself
as you would if you
were talking to a
friend or small
child.

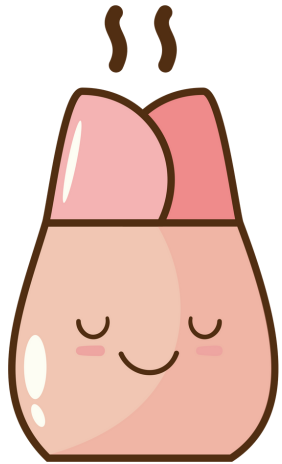
Think of favorites.

Ex. Your favorite
color, animal,
season, food, time
of day, TV show.

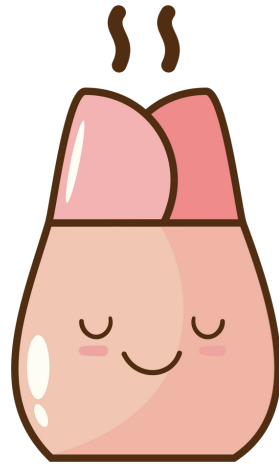
Picture people you
care about.

Maybe even look at
photographs of
them.

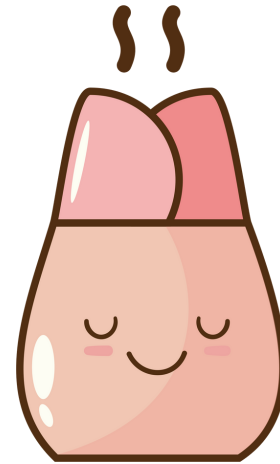
Remember the
words to an
inspiring song,
quotation, or poem
that makes you feel
better



SOOTHING



SOOTHING



SOOTHING

Say a coping
statement.

Ex. "I can handle
this," "This feeling
will pass."

Plan a safe treat for
yourself.

Ex. A piece of
candy, a nice
dinner, or a warm
bath.

Think of things you
are looking forward
to in the next week.