

**YOU ARE WORTHY.
BE KIND WITH YOURSELF.
IT'S OKAY NOT TO BE OKAY.
YOUR EMOTIONS ARE VALID.
YOU ARE NOT FUNDAMENTALLY FLAWED;
YOU DESERVE TO BE LOVED AND TREATED WELL.
IT'S OKAY TO HAVE A BAD DAY, WEEK, OR MONTH.
HEALING IS NOT LINEAR. IT TAKES TIME TO FEEL BETTER.
YOU CAN NURTURE AND PROTECT YOURSELF.
YOU USED SURVIVAL MECHANISMS TO HELP YOURSELF COPE.
YOU ARE SAFE NOW, AND YOU ARE STRONG.
WHAT HAPPENED WAS NOT YOUR FAULT.
YOU ARE WORTHY. YOU ARE A GOOD PERSON.
YOU ARE WORTH TAKING CARE OF.
YOU ARE ALLOWED TO TAKE UP SPACE.
YOU DON'T NEED PERMISSION TO EXIST.
YOU ARE ALLOWED TO STRUGGLE.
IT'S OKAY TO CRY. IT'S OKAY TO BE ANGRY.
WHAT HAPPENED TO YOU DOES NOT DEFINE YOU.
FALL DOWN AND BOUNCE BACK UP AGAIN.
BE PATIENT AND LOVE YOURSELF AS YOU HEAL.
YOU ARE NOT YOUR TRAUMA. YOU ARE A SURVIVOR.**