

**YOU ARE WORTHY.
BE KIND TO 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. YOU CAN SELF-SOOTHE.
YOU CAN NURTURE AND PROTECT YOURSELF.
YOU USED SURVIVAL MECHANISMS TO HELP YOURSELF COPE.
YOU ARE SAFE NOW. YOU DESERVE TO HEAL.
WHAT HAPPENED WAS NOT YOUR FAULT.
EMOTIONAL FLASHBACKS ARE NOT YOUR FAULT.
YOU ARE ENOUGH. 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.
IT'S GOING TO BE OKAY. WE ARE NOT OUR TRAUMA.
WE ARE SURVIVORS. AND WE ARE NOT ALONE.**