

**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
YOUR EMOTIONAL PROGRAMMING IS 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**