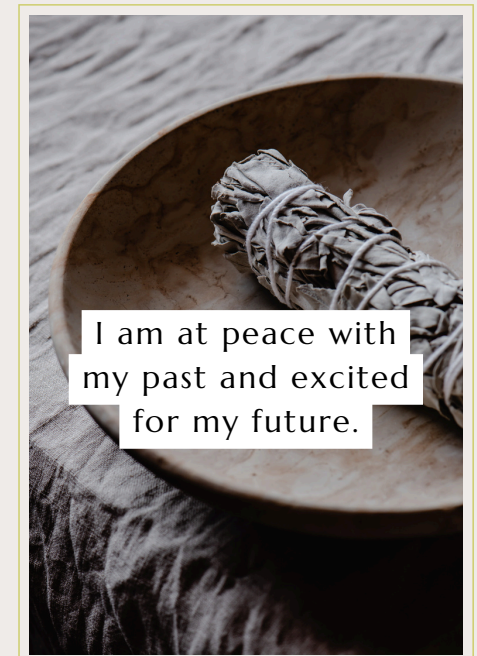
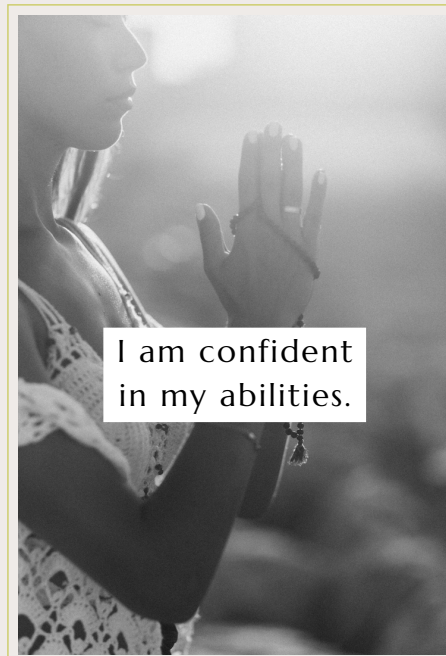


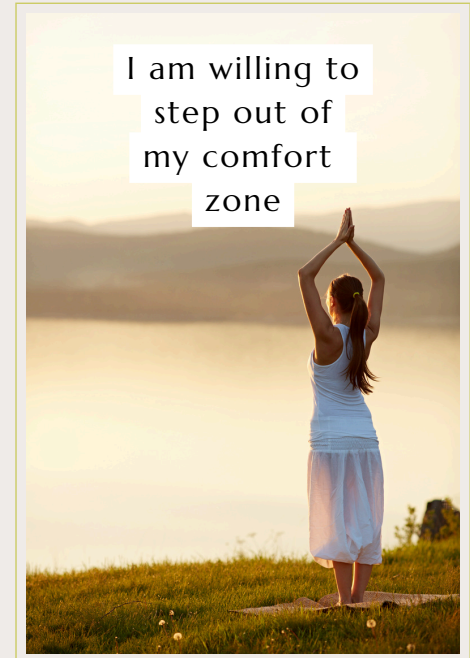
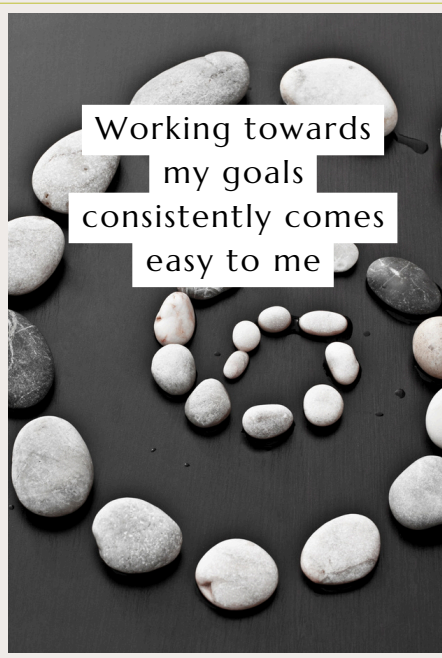
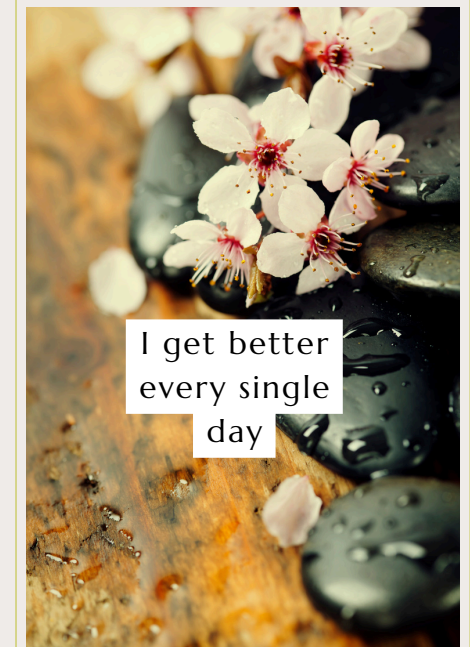
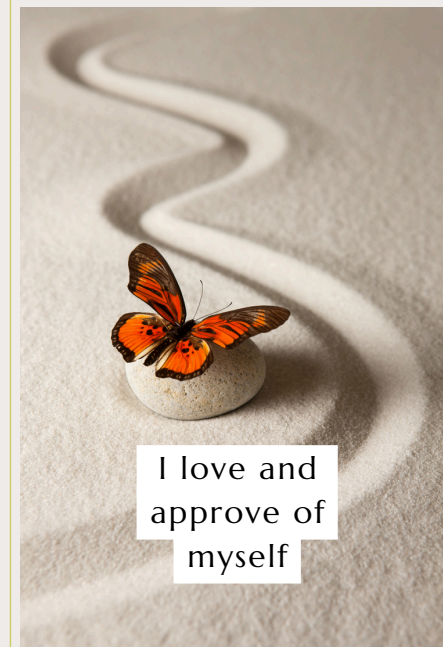
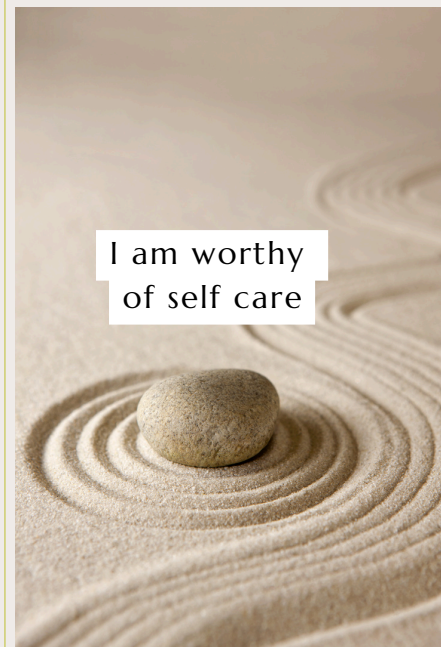
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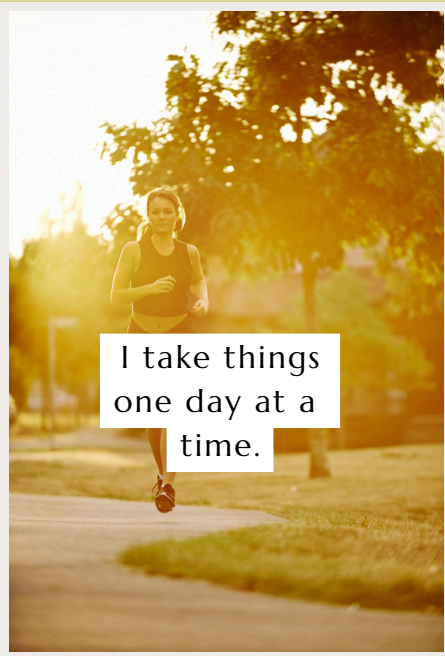
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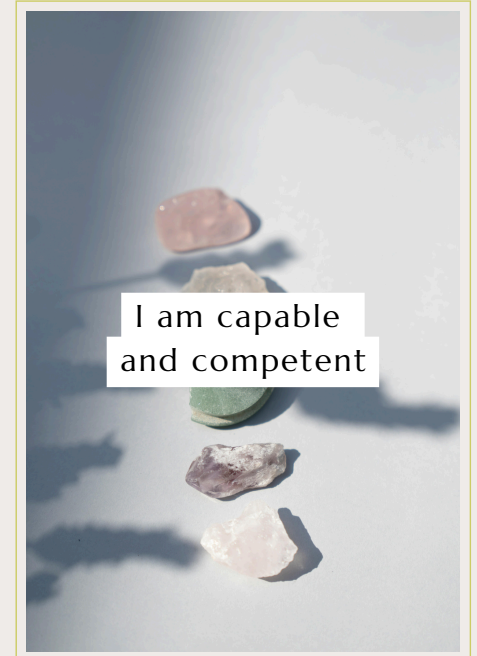
I take things
one day at a
time.



I have done this
before, and
can do it again



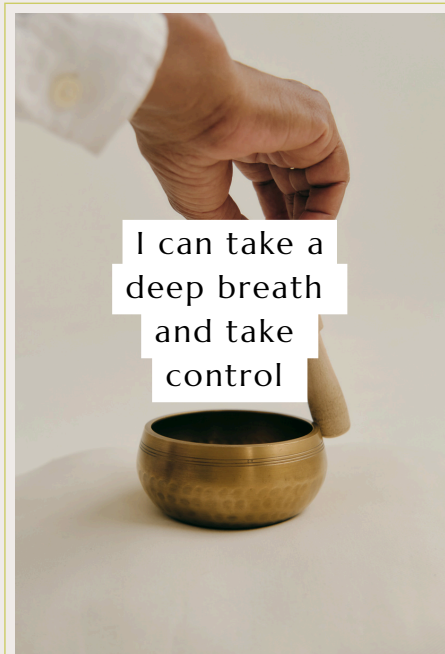
I can handle
whatever comes
my way



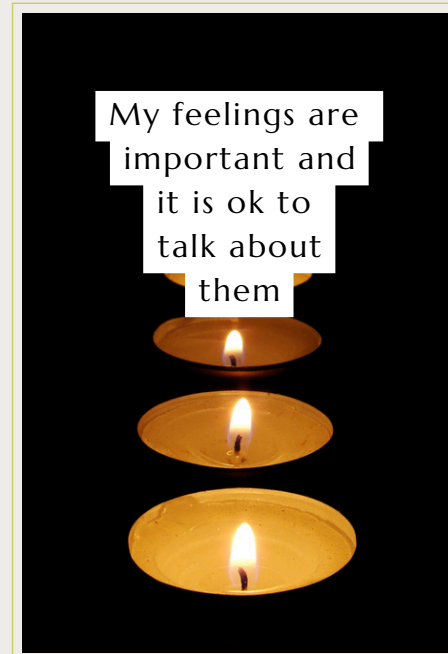
I am capable
and competent



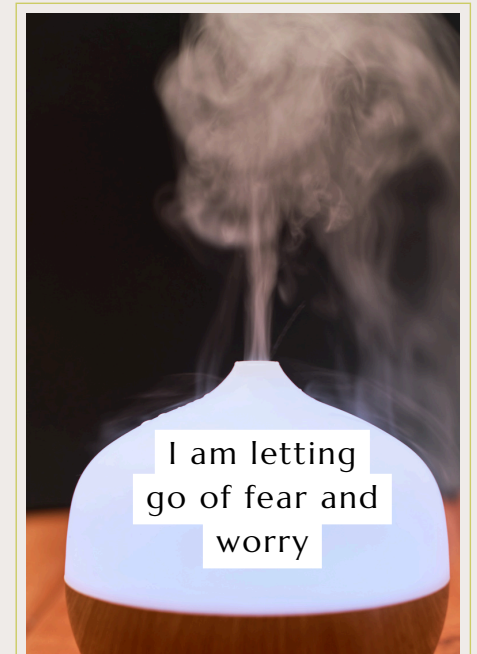
I am strong
and
resilient



I can take a
deep breath
and take
control



My feelings are
important and
it is ok to
talk about
them



I am letting
go of fear and
worry