



## Self-Navigation Strategies

- I can handle this, especially if I take it one step at a time.
- I am capable of tough things.
- It's okay if I don't feel okay right now.
- I've had to deal with harder things, so I know I can do this.
- I belong, am lovable and matter. NO MATTER WHAT.
- I'd choose something else, but I can deal with this, too.
- This feeling is uncomfortable, but it won't last forever.
- Not all thoughts are true of facts.
- I feel sad and disappointed and that's okay.
- All I need to do is the next right thing, and breathe, even if I don't know what's going to happen.
- Feeling scared and anxious means I get to be braver.
- No matter how difficult it gets, I am strong enough to get through it, and come out even stronger.

