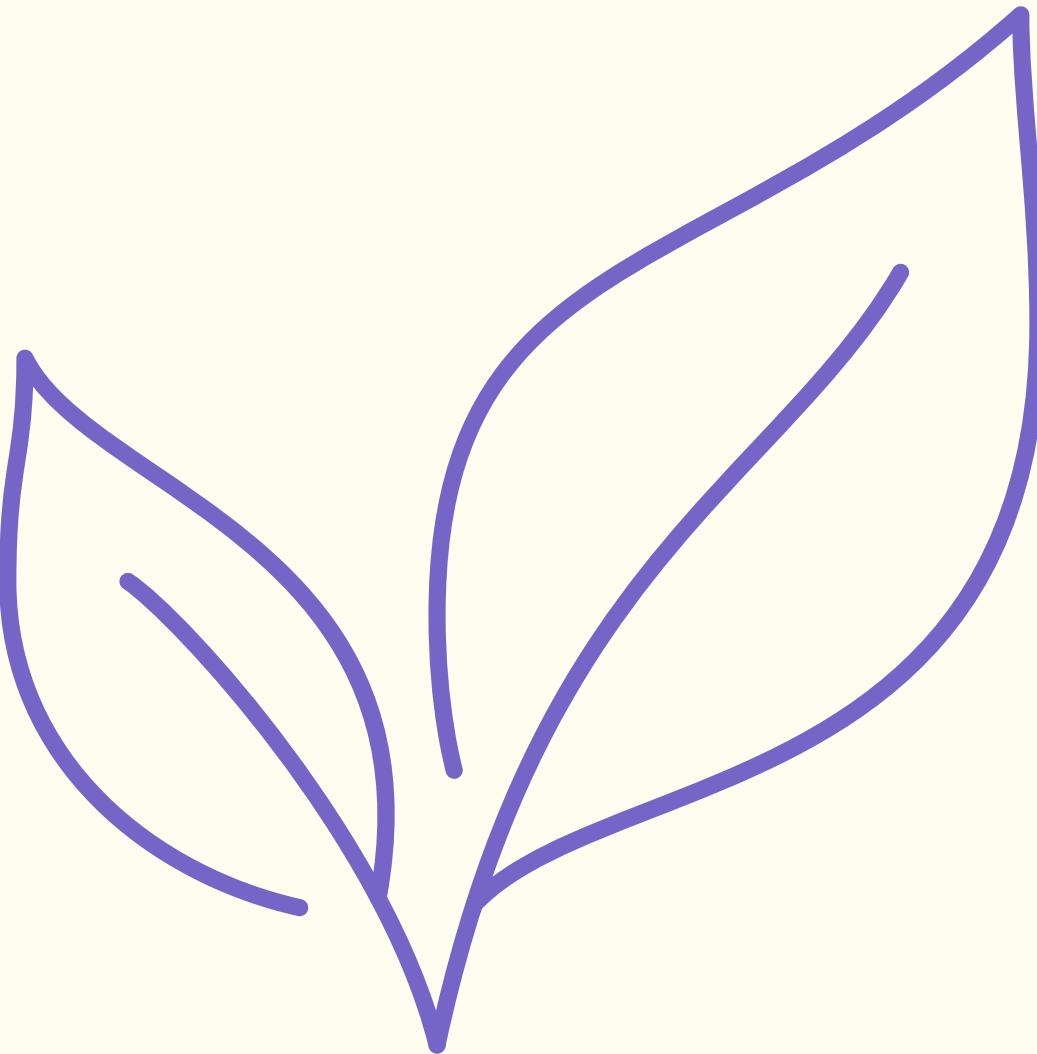
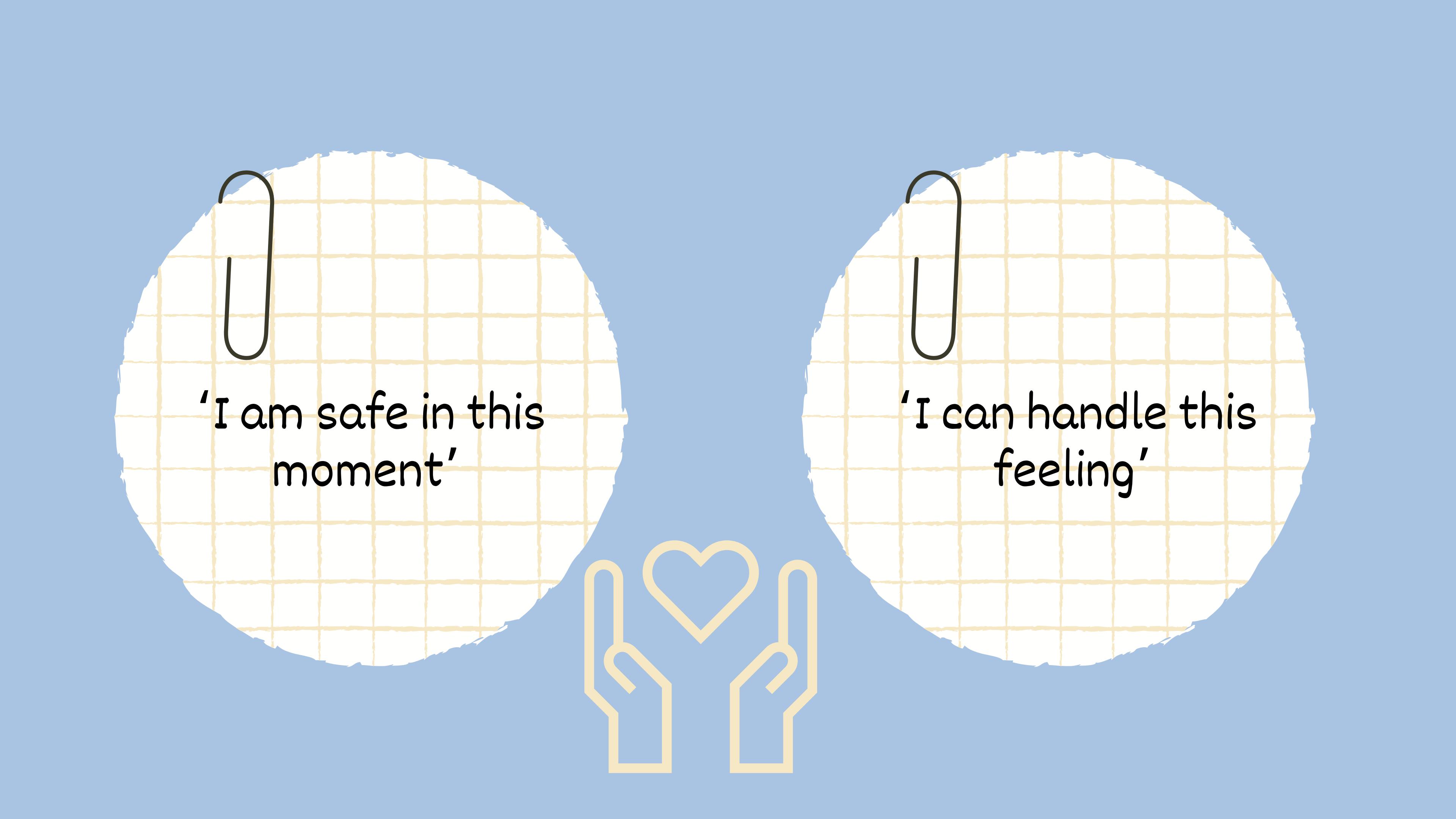


Grounding Statements

**ANCHOR YOUR
ATTENTION TO THE
PRESENT MOMENT/
REINFORCE YOUR SAFETY/
BUILD A SENSE OF CONTROL**



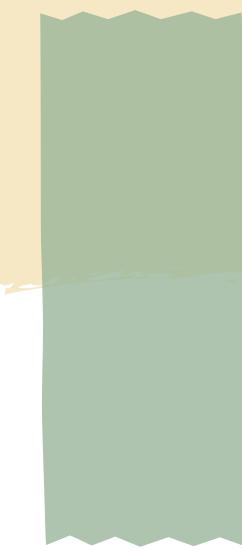
YOUR STORY



'I am safe in this
moment'

'I can handle this
feeling'

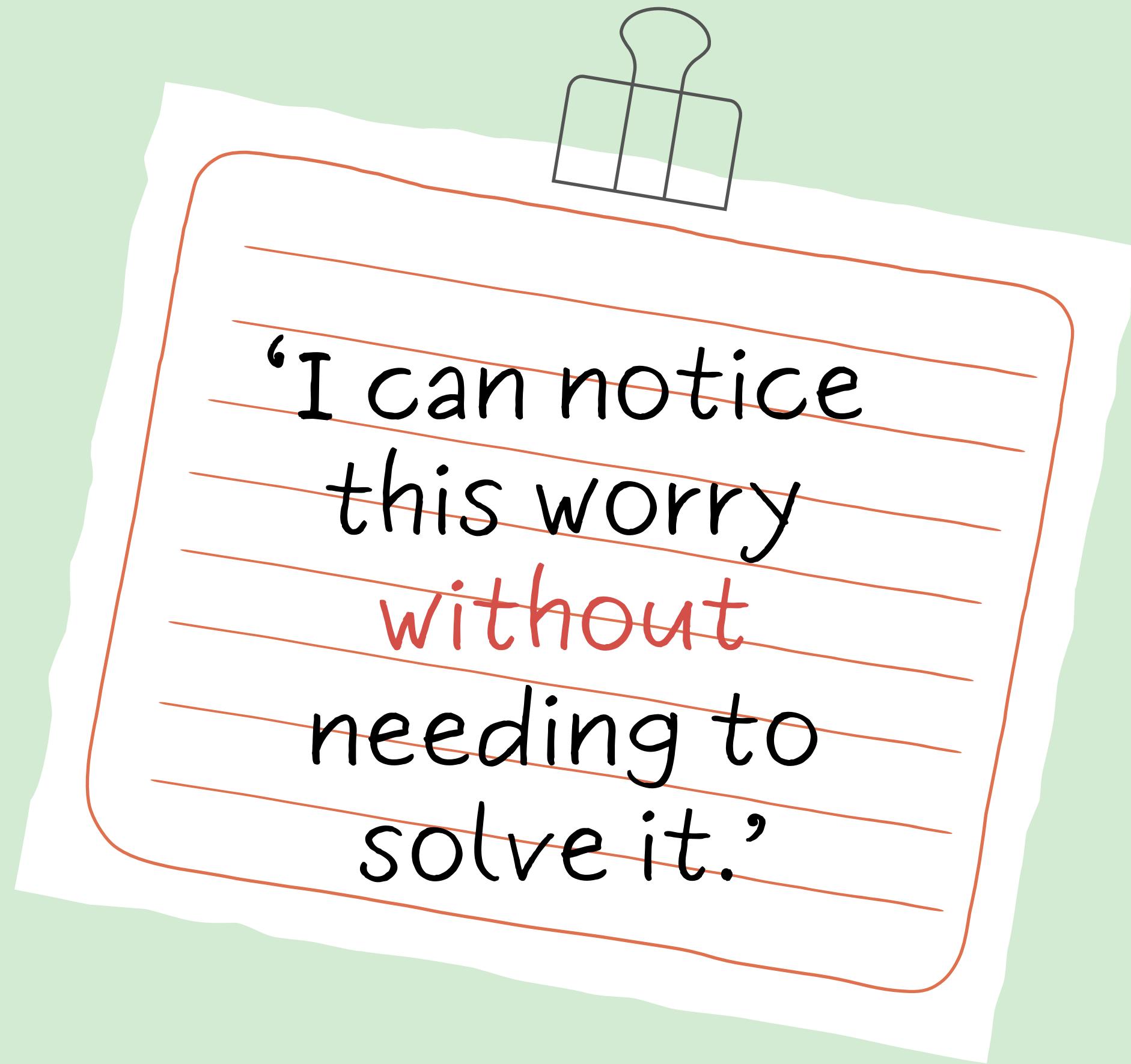
Reminder -



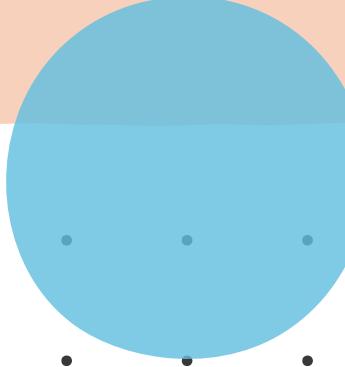
'I can care for
OTHERS without
losing MYSELF'

*'i dont have to
fix EVERYTHING
right now.'*

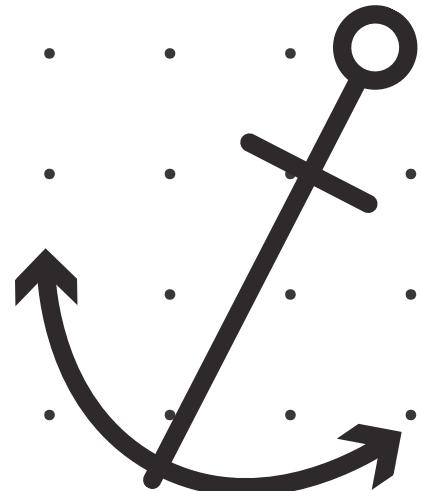




**'I can notice
this worry
without
needing to
solve it.'**

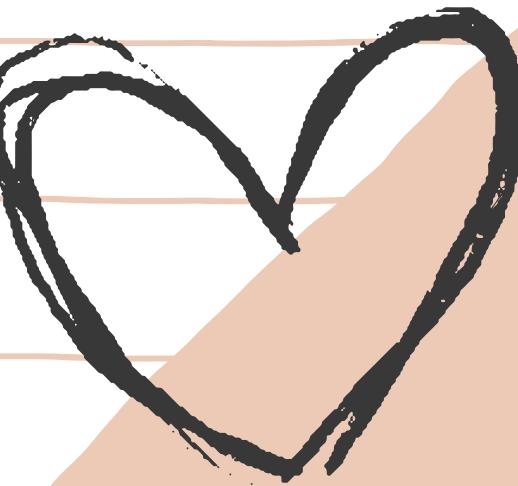


‘I can feel my feet
on the ground
and am anchored
here’





Kind people say No

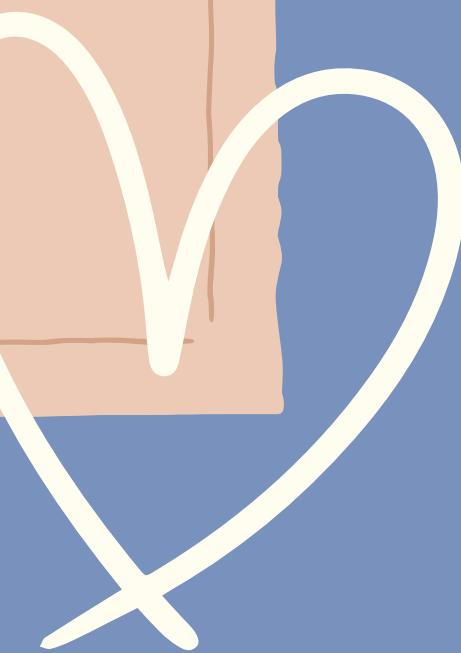


SLOW AND STEADY

‘I don’t have to
rush!

I can move gently
and go slowly.
Slow is okay.’

'I don't have to **negotiate**
my worth with other
people.'





I
AM
SAFE
HERE!