

I've been in
worse
situations so
I know it can
get better

It's hard, but
I can deal
with it

I can work
hard to
improve

It's not the
worst thing
that can
happen

I can calm
down and
control my
reactions

I might
succeed, I
might not.
That's OK

It's not as
bad as it
seems right
now

I don't have
to do
everything
perfectly

Sometimes I
jump to
conclusions

Mistakes help
me to learn
and improve

Not
everything
will go my
way. That's
OK

This has
happened
before so I
know I can
get through it

I can ask for
help

Lots of good
things have
happened
recently

I am grateful
for.....

I am loved no
matter what

Maybe it was
just a
coincidence

I will try to
be brave,
even though
I feel worried