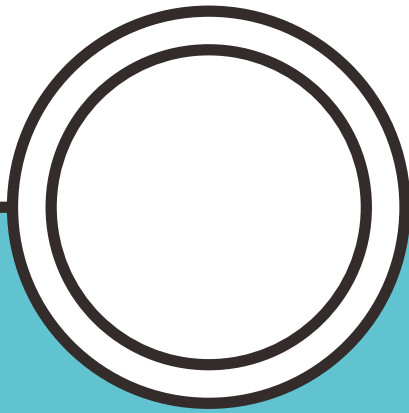


A DAY IN MY
Life



**EMDR Affirmation
Cards**




I AM
SIGNIFICANT
AND IMPORTANT

SELF-DEFECTIVENESS



I DESERVE
TO LOVE AND
BE LOVED

SELF-DEFECTIVENESS



I CAN TAKE
CARE OF MYSELF

SAFETY/VULNERABILITY




I CAN CHOOSE
WHO TO TRUST

SAFETY/VULNERABILITY



I AM
COMPETENT

SELF-DEFECTIVENESS




I CAN
SUCCEED

SELF-DEFECTIVENESS



I AM SAFE

SAFETY/VULNERABILITY



I CAN LEARN
FROM IT

SAFETY/VULNERABILITY



I AM
SMART

SELF-DEFECTIVENESS



I AM
HEALTHY

SELF-DEFECTIVENESS



I CAN TRUST
MYSELF

SAFETY/VULNERABILITY



I CAN SAFELY
SHOW MY
FEELINGS

SAFETY/VULNERABILITY

I AM OK
JUST THE
WAY I AM

SELF-DEFECTIVENESS

I DESERVE
TO BE HAPPY

SELF-DEFECTIVENESS

I DID
THE BEST
I COULD

RESPONSIBILITY



I DO THE
BEST
I CAN

RESPONSIBILITY



I AM
WHOLE

SELF-DEFECTIVENESS




I AM
SUPPORTED

SELF-DEFECTIVENESS



I AM
STRONG

RESPONSIBILITY



IT WAS NOT
MY FAULT

RESPONSIBILITY



I AM
BLAMELESS

RESPONSIBILITY



I DID THE
RIGHT THING

RESPONSIBILITY

I HAVE
OPTIONS

CONTROL/CHOICE

I CAN MAKE
MY NEEDS
KNOWN

CONTROL/CHOICE



I CAN HANDLE
THINGS

RESPONSIBILITY

THERE IS
SOMETHING TO
BE LEARNT IN
EVERYTHING

RESPONSIBILITY

IT'S OVER.
I'M SAFE
NOW

SAFETY/VULNERABILITY

I'M WORTHY.
I'M
WORTHWHILE

SELF-DEFECTIVENESS

I CAN GET
WHAT I
WANT

CONTROL/CHOICE

I CAN
HANDLE
WHAT COMES
MY WAY

CONTROL/CHOICE



I AM IN
CONTROL

CONTROL/CHOICE

I CAN BE ME,
EVEN IF I MAKE
MISTAKES
ALONG THE WAY

CONTROL/CHOICE

I AM
FINE

SELF-DEFECTIVENESS

I AM
GOOD
ENOUGH

SELF-DEFECTIVENESS

I HAVE A
WAY OUT

CONTROL/CHOICE

I CAN CREATE
MY SENSE OF
SAFETY

SAFETY/VULNERABILITY



I AM
LOVEABLE

SELF DEFECTIVENESS



I CAN
TRUST MY
JUDGEMENT

CONTROL/CHOICE



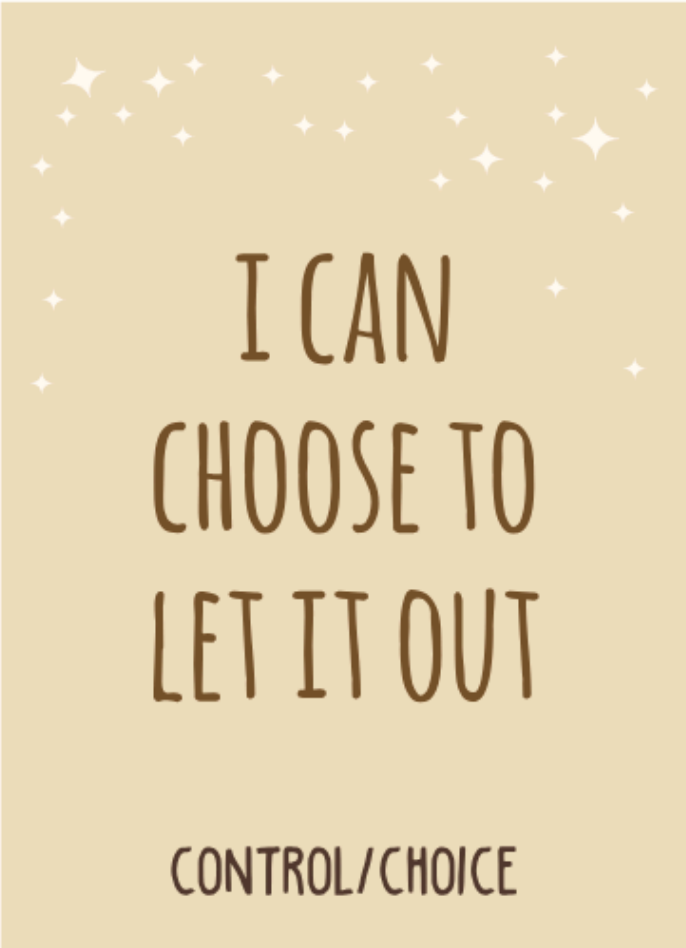
I CAN BE
MYSELF

CONTROL/CHOICE



I
BELONG

SELF-DEFECTIVENESS



I CAN
CHOOSE TO
LET IT OUT

CONTROL/CHOICE




I AM
DESERVING

CONTROL/CHOICE



I CAN SAFELY
FEEL MY
EMOTIONS

CONTROL/CHOICE



I DO THE BEST
I CAN WITH
WHAT I HAVE

RESPONSIBILITY