

OVERCOMING FEARS

045

Brave is being scared and going anyway.



OVERCOMING FEARS

046

I can breathe in for four and out for four.



OVERCOMING FEARS

047

Big feelings pass, and I am safe.



OVERCOMING FEARS

048

I have done scary things before.



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049

New places become familiar places.



OVERCOMING FEARS

050

I can take one brave step today.



OVERCOMING FEARS

051

My worry is not in charge of me.



OVERCOMING FEARS

052

I am braver than the thing I am afraid of.



OVERCOMING FEARS

053

I can ask for a hand to hold.



OVERCOMING FEARS

054

The dark is just the room with the light off.



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055

I can be nervous and excited at the same time.



OVERCOMING FEARS

056

Trying and failing is braver than not trying.



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057

I name my fear, and it gets smaller.



OVERCOMING FEARS

058

I am safe, I am loved, I am okay.

