



I let things go

I release



I don't go to extremes

Balance



I learn to see the good

Optimism



I help myself when I'm not okay

I take care of myself



I'm starting the change

I plant my seeds



I savour every moment

I'm in the present



I do things that I like

I look for good things



I let you see who I am

I show my vulnerability



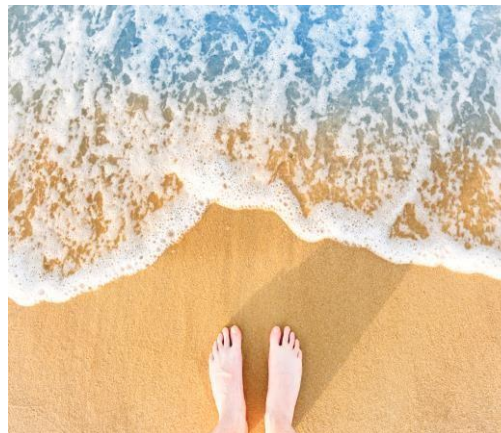
I look for creative solutions

I'm inventive



I understand her/him better than anyone else

I take care of my inner child



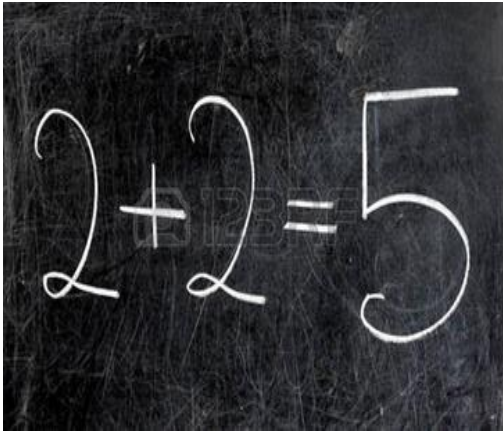
I say how far

I'm involved up to a limit



I look for realistic solutions

I'm practical



Each time I make a mistake, I learn

I make mistakes



My safety is important

I protect myself



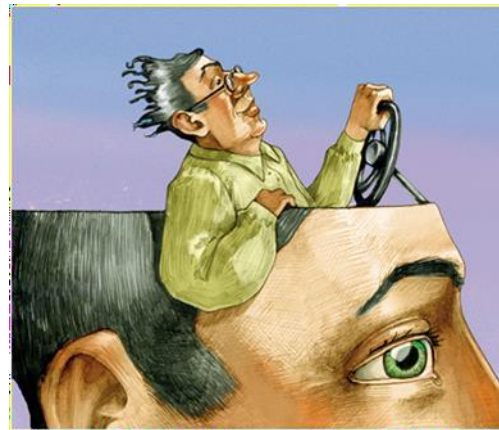
I think in a productive mode

I reflect



I see myself and I accept myself the way I am

I look at myself



I decide

I hold the reins of my life



I can put myself in your shoes

I understand that your mind is different than mine



And keep it

I am capable of saying no



I'm also looking on the bright side

I'm learning optimism



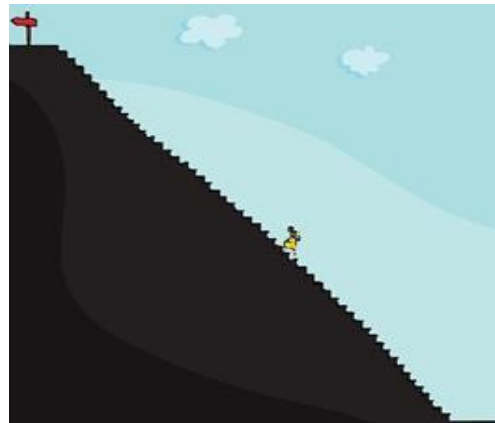
My sensations are important

I take care of my sensation



Everything can reborn

I trust in my possibilities



I work for what it's worth

I make an effort



I can rely on others

I let myself be helped



I get on my bike and practice

I change my patterns



I learn to trust

I allow myself to be close to others



With myself and the world

I reconcile



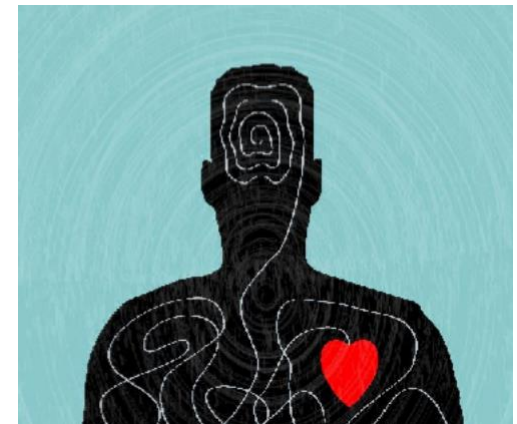
I look inside

I reflect



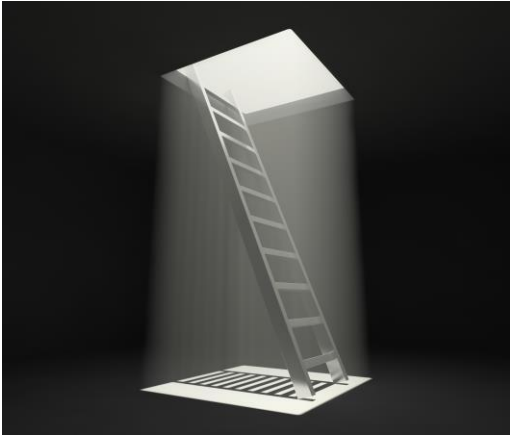
I tell things to myself things that help me

I regulate myself



I listen to my body signals

I connect with my body



I don't dig down

I look for a way out



I put less pressure on myself

I loosen the control



I give myself a break

I rest



I look things squarely in the face

I face



I see the reality

I'm objective



I'm able to join efforts

I collaborate

Books related to these materials

