


It makes sense that I  
feel this way—my body  
is trying to protect me.



I can listen to  
my body  
without  
needing to fix  
it right away






I can take this  
one breath at  
a time.

A watercolor illustration of various flowers in shades of pink, red, and purple, with green leaves. The flowers are arranged in a circular pattern around a central white circle. The style is soft and painterly.

**Right now, I  
am safe  
enough.**


A watercolor illustration of various flowers in shades of pink, red, and purple, with green leaves. The flowers are arranged in a circular pattern around a central white circle. The style is soft and painterly.

I am worthy  
of care, just  
as I am.




**My feet on  
the ground  
remind me I  
have support.**






It's okay to  
rest. My  
worth is not  
measured by  
productivity.



I don't have  
to do this  
alone—  
reaching out  
is strength.



I can bring  
both my needs  
and my love  
into  
relationships.




I am allowed  
to take up  
space.





**I am worthy  
of empathy,  
care, and  
gentle  
connection.**



My body  
knows what it  
needs; I can  
listen with  
curiosity.