




# Safety & Resilience Affirmation Cards

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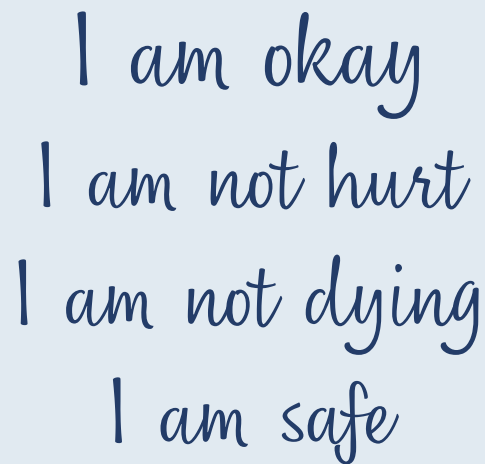





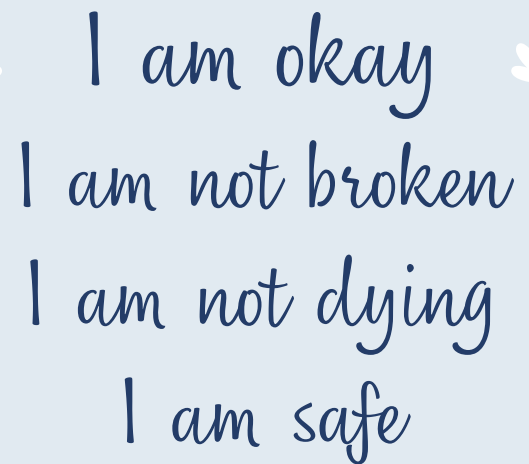
I am safe  
I am not in danger  
I am okay




I am safe  
I am not in any harm  
I am okay





I am okay  
I am not hurt  
I am not dying  
I am safe




I am okay  
I am not broken  
I am not dying  
I am safe




I am safe  
This will pass  
It is not dangerous





I am okay  
I can survive  
I am safe







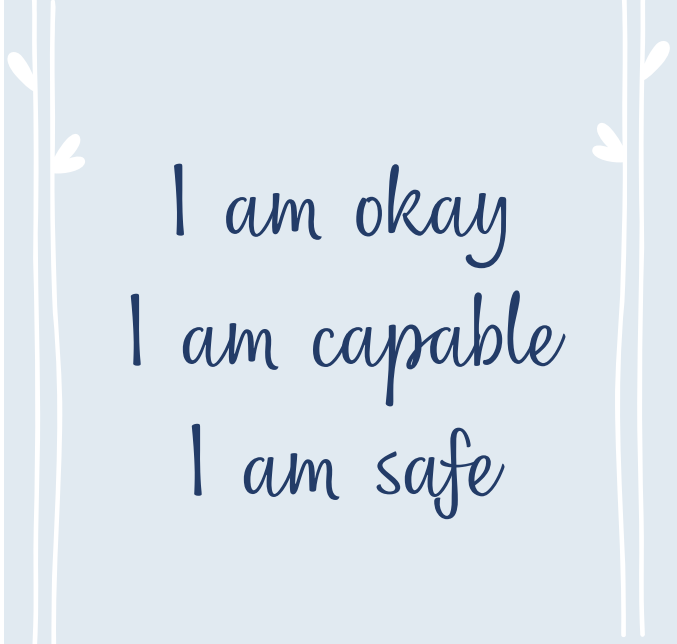
I am okay  
I am worthy  
I am safe




I am okay  
I am enough  
I am safe





I am okay  
I am healing  
I am safe



I am okay  
I am capable  
I am safe



I am okay  
I am resilient  
I am safe



I am okay  
I can be myself  
I am safe

