

*I can stay calm,
cool and relaxed.*

*I am NOT in control
of everything and
everybody.*

**When you find
yourself getting
angry...**

*I don't
need to
feel
threatened
here.*

*I am ONLY in
control of myself.*

**Change your inner talk to...
Positive Self-Talk**

*I am able to handle
criticism.*

*It's okay to walk
away from this.*

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