

*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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