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After the Emotion Wave...

My Reminders

I am resilient.

I have survived difficult things before.

I have made it through moments I once thought I could not survive.

This moment is difficult, but **this moment is not forever.**

I can bend without breaking.

I can fall apart and still find my way back to myself.

I am stronger than this moment feels.

I have survived 100% of my hardest days so far.

I am brave.

It takes courage to feel what I have spent so much time trying to avoid.

I am brave for allowing myself to feel.

I am brave for facing my pain instead of running from it.

I am brave for choosing healing.

I do not have to be fearless to be courageous.

Courage means I keep going even when I am afraid.

My emotions are not dangerous.

An emotion is a feeling, not a command.

I can feel something deeply without acting on it.

I can experience pain without becoming the pain.

I can be overwhelmed and still be okay.

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My feelings will rise, peak, and eventually come down.

I can ride the wave.

I am not alone.

There are people who care about me.

I am allowed to lean on safe people.

I do not have to carry everything by myself.

Asking for support is not weakness.

Connection is part of healing.

I can reach out when I need someone.

I deserve to be supported, understood, and cared for.

I can trust myself.

I am learning to listen to myself.

I am learning what I need.

I am learning what feels safe.

I am learning what no longer belongs in my life.

I can make decisions one step at a time.

I don't need to have everything figured out today.

I can trust myself to handle what comes next.

My future is still mine.

My past does not get to decide the rest of my story.

There are things ahead of me that I cannot see yet.

There are experiences I haven't had.

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There are people I haven't met.

There are places I haven't been.

There are moments that will make me laugh again.

There are moments of peace I haven't experienced yet.

My story is still being written.

I can be curious about what comes next.

I don't have to know exactly how everything will work out.

I can simply stay curious.

What might be possible for me?

Who might I become?

What might my life look like when I am no longer living from survival?

What could feel exciting again?

What could bring me joy?

I don't need all the answers. I can be curious about the possibilities.

Things can work out.

I don't have to control every outcome.

I don't have to know exactly how I will get there.

I can trust that life can unfold in ways I cannot currently imagine.

Something can be difficult today and still become something meaningful tomorrow.

I can believe that there are good things ahead of me, even when I cannot see them yet.

I am allowed to begin again.

I can have a hard day and still have a good life.

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I can have an emotional episode and still be making progress.

A setback does not erase my growth.

A difficult moment does not mean I am back at the beginning.

Healing is not linear.

Every time I come back to myself, I am practicing resilience.

Every time I choose to breathe, I am choosing myself.

Every time I reach for support instead of suffering alone, I am choosing healing.

And finally...

I am here.

I am breathing.

I made it through the wave.

I can take the next step.

I don't have to solve everything today.

I don't have to understand everything today.

I don't have to be okay every minute.

I just need to take care of myself **right now.**

One breath.

One moment.

One step.

I am still here.

I am still becoming.

There is still so much life ahead of me.

And I am curious to see what comes next.