

# DEFUSION....

YOU ARE  
SO WEAK

JUST TELL YOURSELF YOU ARE OK  
- COME ON WHAT'S WRONG WITH YOU

YOU ARE JUST GOING TO  
EMBARASS YOURSELF

JUST DIE - NO ONE  
LIKES YOU ANYWAY

WHO IS GOING TO WANT TO  
LISTEN TO YOU

THEY ARE  
GOING TO  
LEAVE YOU

LOSER

I NOTICE I AM  
HAVING A THOUGHT THAT.....

YOU ARE A  
FAILURE

HI INNER ME,...  
ARE YOU OK, WHAT  
DO YOU NEED ME  
TO DO RIGHT  
NOW TO HELP

I HAVE THOUGHTS  
BUT I AM NOT  
MY THOUGHTS

I AM  
WORTHLESS

WHO DO  
YOU THINK  
YOU ARE

NO ONE  
CARES

UGLY

WHAT ACTION CAN  
I TAKE RIGHT NOW  
THAT  
MOVES ME  
TOWARD  
MY VALUES

I AM GOING TO  
SHOW  
MYSELF  
COMPASSION  
IN THIS MOMENT

YOU WILL  
NEVER  
GET  
THIS RIGHT

PULL  
YOURSELF  
TOGETHER

I NOTICE I HAVE  
ANXIETY SHOWING UP  
IN MY TUMMY, I AM  
JUST GOING TO FOCUS  
ON MY BREATH FOR A  
FEW MINUTES

I NOTICE THAT MY  
INNER CRITIC HAS  
SHOWED UP - I  
WONDER WHAT IT IS  
SHOWING ME ABOUT  
THIS SITUATION

LONER

SUCK IT UP  
AND  
GET OVER IT

MY THOUGHTS ARE MY PROTECTION  
MY FROM FEARS,  
THEY ARE NOT FACTS!

IF YOU AREN'T  
BETTER NOW,  
YOU NEVER  
WILL BE

