

I'm bad

I'm hurt

I'm not safe

I'm in a fog

**I don't
understand**

**I can't protect
myself**

**I'm going to
blow**

I can't get help

**I don't have
control**

**I'm going to
explode**

I'm messed up

I can't trust

I'm hot

**I don't know
anything**

**I'm not
comfortable**

I don't belong

I'm dying

**I'm uncomfortable
in my skin**

I'm stupid

I'm hungry

**I didn't get to go
to the hospital
with mom**

I'm dumb

I'm not lovable

**I almost drowned and I
got very scared and that
made me hold my breath**

I'm sick

I'm fat

**I couldn't come
out from under
the water.**

I can't do it

I'm lost

I'm good

**I'm cool as a
cucumber**

I do belong

I'm smart

I'm all better

I can do it

**I do
understand**

I can get help

**I did the best I
could**

**I'm in a clear
place/ I'm in
sunshine**

I do know

I'm alive

I'm satisfied

I'm lovable

I'm just right

I found my way

**I'm glad I could
hold my breath
that long.**

**I'm glad I can
swim.**

I'm calm

**I get to go to the
hospital with
mom.**

**I am
comfortable**

I fit in my skin

I'm safe now

**I can protect
myself**

**I do have
control**

I can trust