

Comfydence Crew

I can
try again.



comfortably confident

Comfydence Crew

My feelings
are
welcome.



comfortably confident

Comfydence Crew

I am
still me.



comfortably confident

Comfydence Crew

I can take
my time.



comfortably confident

Comfydence Crew

I can
ask for
help.



comfortably confident

Comfydence Crew

I can take
a deep
breath.



comfortably confident

Comfydence Crew

I can
listen with
kindness.



comfortably confident

Comfydence Crew

I can learn
from
mistakes.



comfortably confident

Comfydence Crew

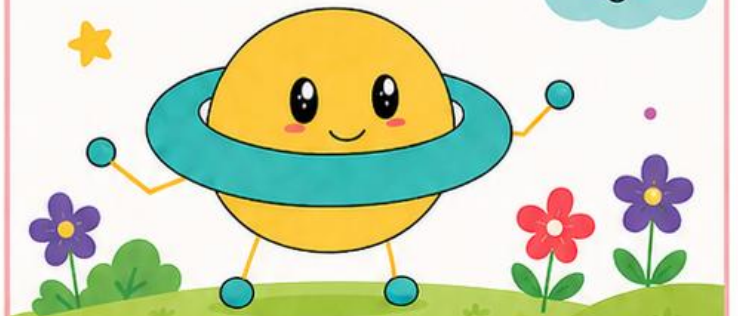
I can be
a good
friend.



comfortably confident

Comfydence Crew

I belong
here.



comfortably confident

Comfydence Crew

I can tell
the truth
about my
feelings.



comfortably confident

Comfydence Crew

I can
start
again.



comfortably confident

Comfydence Crew

I can be
gentle with
myself.



... comfortably confident ...

Comfydence Crew

I can do
hard things
one step
at a time.



... comfortably confident ...

Comfydence Crew

I am
joyful.



... comfortably confident ...

Comfydence Crew

I am
magnificent.



... comfortably confident ...

Comfydence Crew



I am
marvelous.



comfortably confident

Comfydence Crew



I am
awesome.



comfortably confident

Comfydence Crew



I am
brave.



comfortably confident

Comfydence Crew



I am
kind.



comfortably confident