



I will eventually learn

If I'm wrong, I help myself to do better



I take better care of myself when I am at my worst

When I feel unwell, I do things that are good for me



We all need others

I do things for myself, but I ask for help when I need it



I have my own resources

I don't get angry if others are not there for me



I push myself up

I do not behave in a self destructive way



Without obsessing about nutrition

I eat healthy things



If I don't get it, I help myself

I don't criticise myself harshly



With the people I trust

I share my problems



I acknowledge what I do

I don't focus on how ungrateful people are



If it doesn't do me good, I won't do it

I don't do things that are harmful to me



What part of the responsibility is mine?

I don't carry the world on my shoulders



Sometimes, it's better with help

I let myself be helped



I fight for it, if I have to

I ask for what I need



I save time for myself

I dedicate time to pleasant activities



I focus on what to do with it

I don't focus on how unfairly I'm being treated



Even to the people I love

I am able to say no



I look for what I need

I don't mind if they don't respond to my needs right away



I know how to take my time

I enjoy my free time



I don't ask them to be perfect

I have relationships that are rewarding to me



But I don't tolerate harm

I can forgive



Your needs matter too

My needs matter



I take care of my body

I exercise regularly



When it's worth doing so

I can stand up for my rights



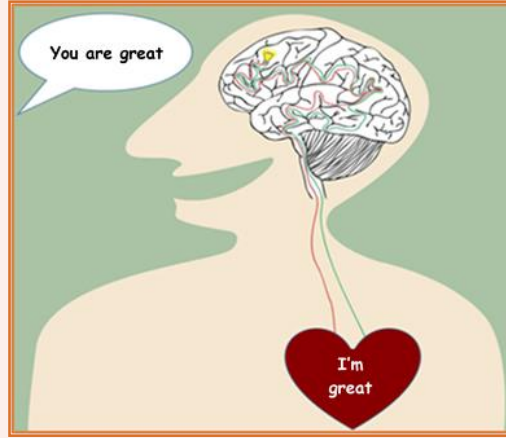
I can waste time

What I do does not have to be useful to anyone



I take care of my privacy

I don't let people invade my personal space



I don't neutralise them

I let the good comments about me get inside me



But I do not forget about my needs

I like to help others



I value both equally

I believe both a compliment and a criticism



I don't judge everyone in the same way

I don't mistrust people who say nice things about me



I take care of everything that is in me

I take care of myself

Books related to these materials

