





Fear-Relieving Coping Cards!



These pocket cards might help you ground yourself through those intense feelings when worry gets the best of you.

Includes:

- 12 coping skills flash cards for those on the go who want to bring along concrete, printable coping skills to improve their mental health!
 - Each card measures 9cm by 12cm long when printed on A4 paper.
 - To use again and again, print, cut, and laminate.
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Cheryl T. Long

I've done it
before,
so
I'm confident
I can do it
again.

When this is
through,
I'll be glad
I did it.

I'll
just give
it
my
all.

I
can overcome
my fears
by
confronting
them.

Worrying
isn't
going
to help you.

Whatever
occurs,
occurs.
I'm fine
with it.

I
trust
that life
supports me.
I am safe.

I
trust
the process of life to
take me to my higher
good.
I am safe. All is well.

**I
release all fears.**

**I
am
safe.**

**No person has
any power over
me.**

**I
am
free.**

**I'm going to
push beyond
my fear and
move
forward.**

**I'm not going to
let these
emotions get the
best of me.**