



Phobia-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.
- This digital print is intended for personal use only and may not be resold, posted, or used commercially without prior permission.



Cheryl T. Long

If I decide
to,
I can
always get
out of this
predicament.

There's
nothing to be
afraid of
here.

These
emotions
are not
harmful.

Take
a
few deep breaths
and
relax.

This sensation
is caused by
adrenaline.
It will be over
in a few
minutes.

I
embrace
social
situations

I
am
overcoming
claustrophobia

I
am
safe
outside