

Dear Kath - 10 Steps!

1. Name it! 5 minutes
2. Breathe deeply!
3. Self-talk: I can get through this! In safe!
4. Tell someone
5. Breathe a prayer
6. What triggered it?
What lie?
7. Lasso the thought
& take to Jesus
8. Breathe in prayer +
" Out thanks
9. Thank you to helper (#4)
10. Walk on do ...