

WHEN YOU LISTEN TO ME, I FEEL .....

COMFORTED

GOOD

LOVED

A SENSE OF RELEASE

POWERFUL

RELIEVED

ABLE TO MOVE FORWARD

CARED FOR

LIKED

RESPECTED

VALUED

WORTHWHILE

REASSURED

A WEIGHT LIFTED

SIGNIFICANT

CONFIDENT

HOPEFUL

IMPORTANT

HAPPY

UNBURDENED

I HAVE DONE SOME GOOD

GLAD

RELAXED

BETTER

RESPECTED

STRONG

ABLE TO COPE