

Mantras for Therapists

from therapists

"right now may not be OK, but right now is not forever"

Everything is as it should be

Nothing changes if nothing changes.

"you've survived 100% of all the bad things that have ever happened to you. Pretty good track record."

We'll get through it

All you can do is what you can do.

This too shall pass!

"All my emotions have a place at the table"

It's okay to slow down

"I am having a serene encounter with the present moment"

Don't look back, you're not going that way

"She created a life she loved."

Acceptance is the solution to all my problems.

"Just do the next indicated thing"

Bloom where you're planted

"Just this one breath"

"Be the change you want to see"

Whatever I do today, let it be enough

With hardship comes ease

When you feel you're being buried, but you're just being planted.....growth is difficult but worth it...

Live without regrets.

"There will be better days."

"you have survived"

"Just love the person in front of you."

"progress over perfection"

I am all in!

Keep showing up

"You can do anything, but not everything"

We're always a work in progress.

"Wherever you go there you are"-Jon Kabat Zinn

THERAPY
TOOLS
FOR YOU