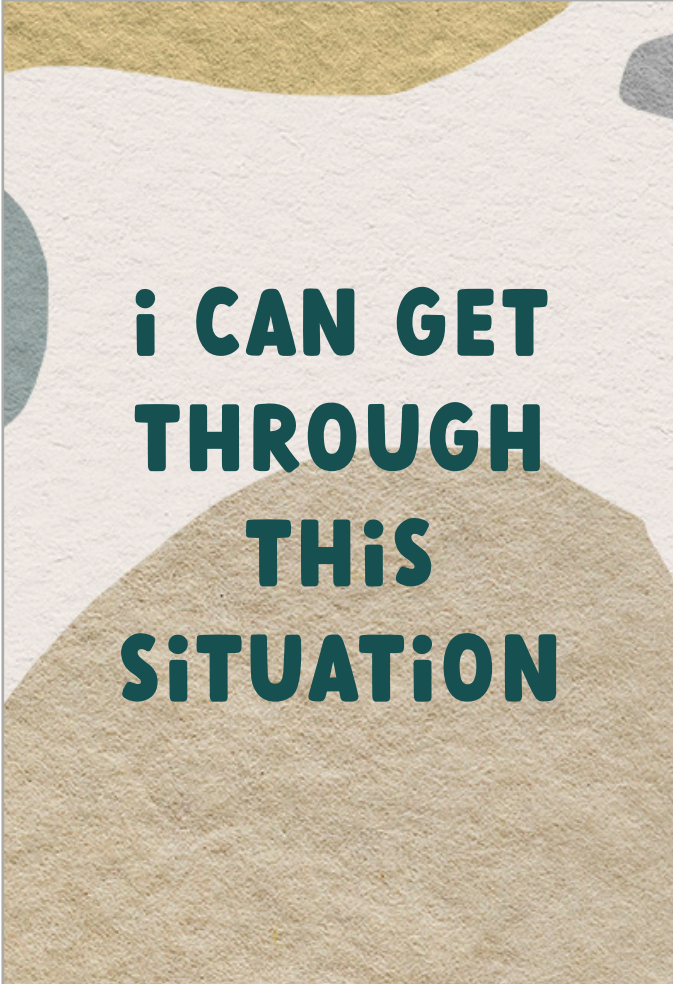


A flashcard with a light beige background and abstract, organic shapes in muted colors: grey, olive green, and terracotta. The text is centered and reads:

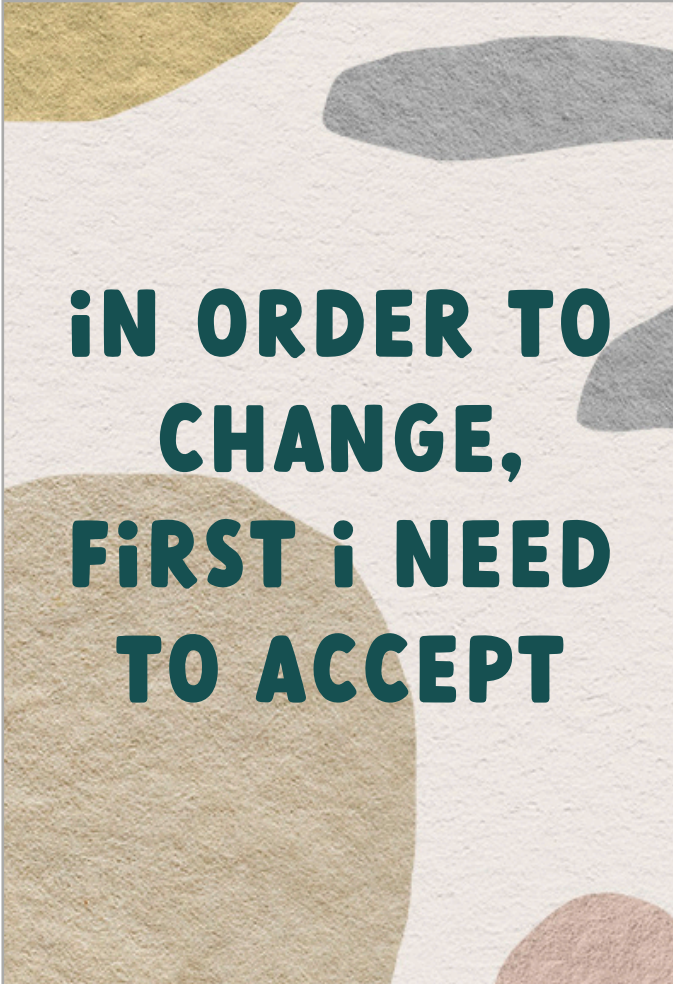
**DBT
COPING
STATEMENT
FLASH CARDS**

A flashcard with a light beige background and abstract, organic shapes in muted colors: olive green, grey, and tan. The text is centered and reads:

**i CAN GET
THROUGH
THIS
SITUATION**

A flashcard with a light beige background and abstract, organic shapes in muted colors: olive green, grey, tan, and brown. The text is centered and reads:

**ACCEPTANCE
IS NOT
WEAKNESS**

A flashcard with a light beige background and abstract, organic shapes in muted colors: olive green, grey, tan, and brown. The text is centered and reads:

**iN ORDER TO
CHANGE,
FiRST i NEED
TO ACCEPT**



**i CAN AND
WILL LET GO!**




**i ACCEPT
REALITY AS
IT IS**



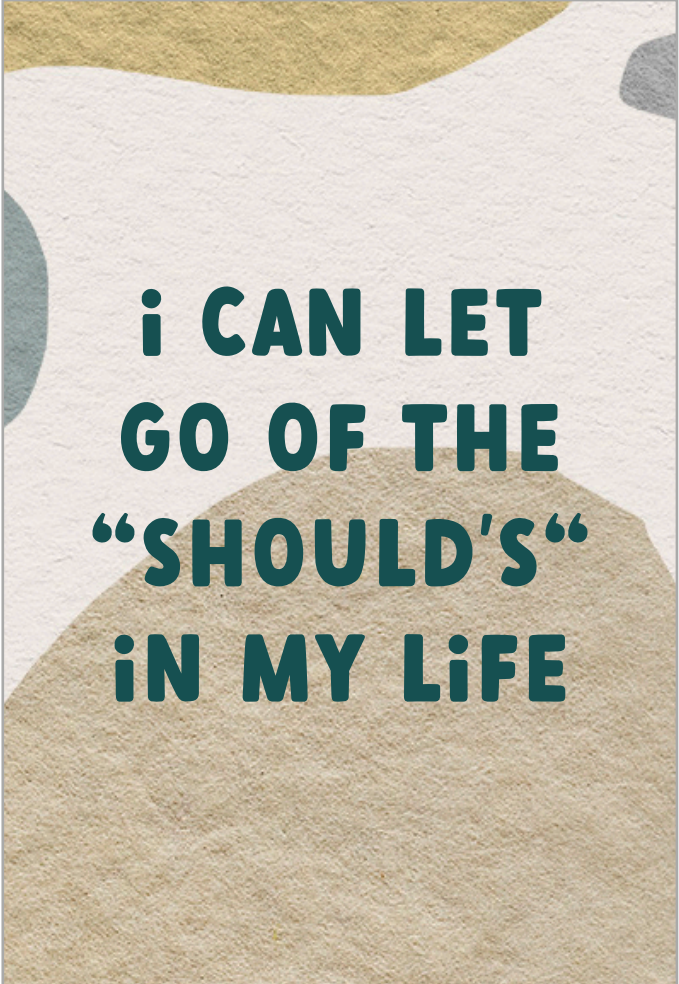
**THE PRESENT
IS WHAT IT
SHOULD BE**



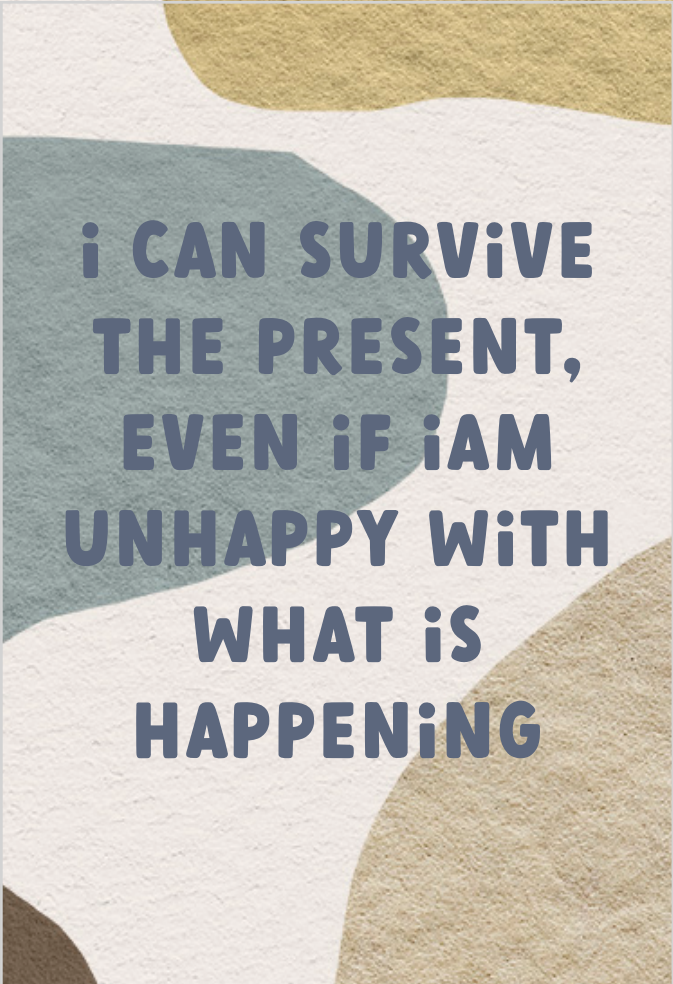
**HOW i REACT IN
THIS MOMENT IS
ALL i HAVE
CONTROL OVER**



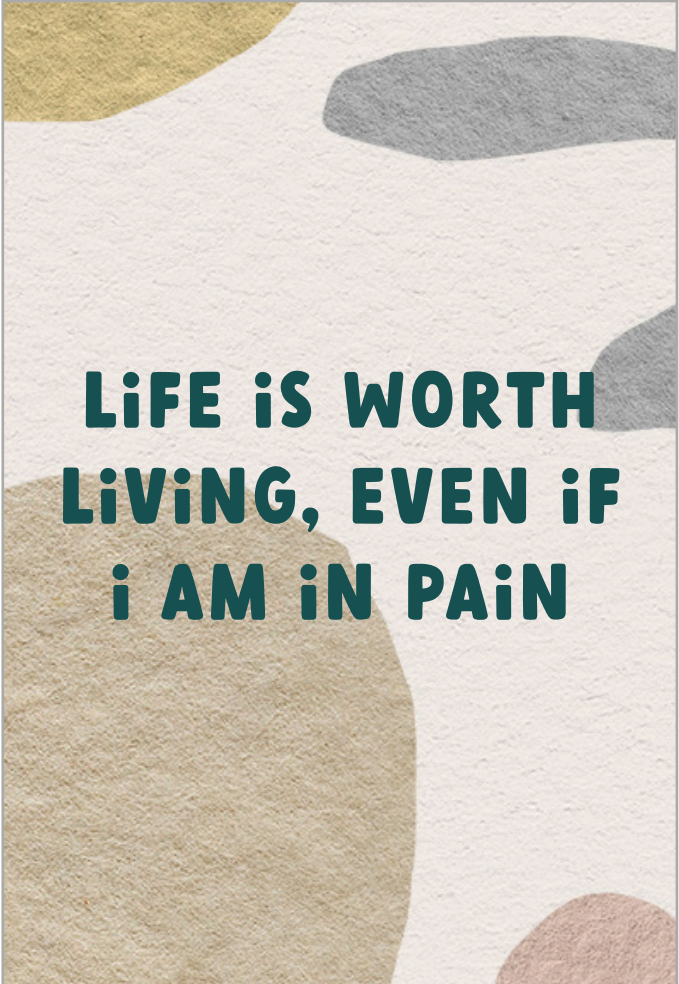
**i CAN'T
CONTROL THE
PAST, it is
OVER**



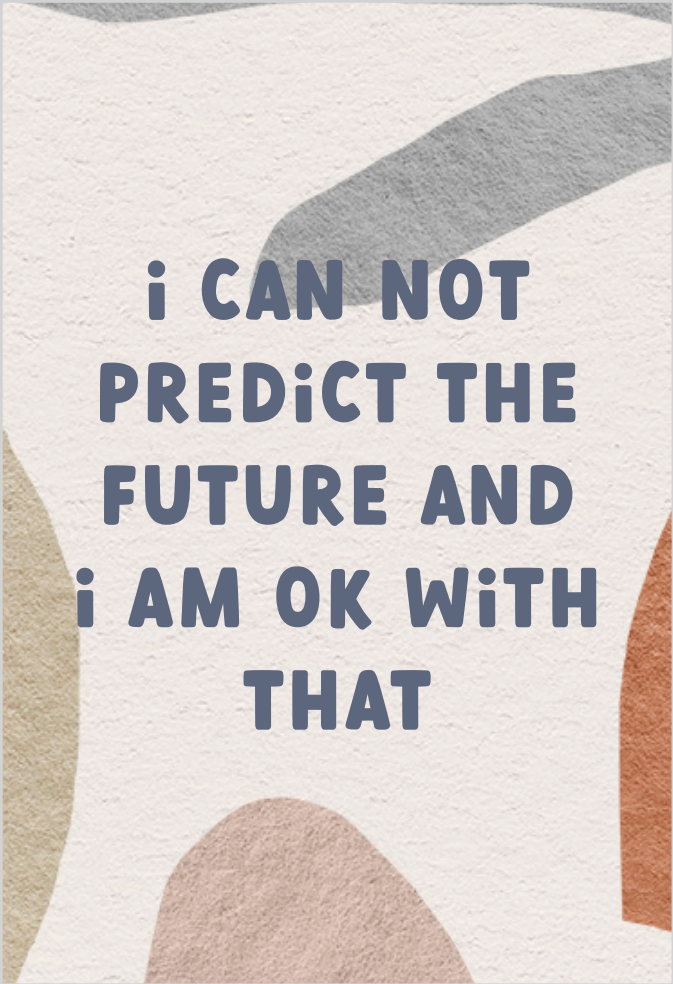
**i CAN LET
GO OF THE
“SHOULD’S”
IN MY LiFE**



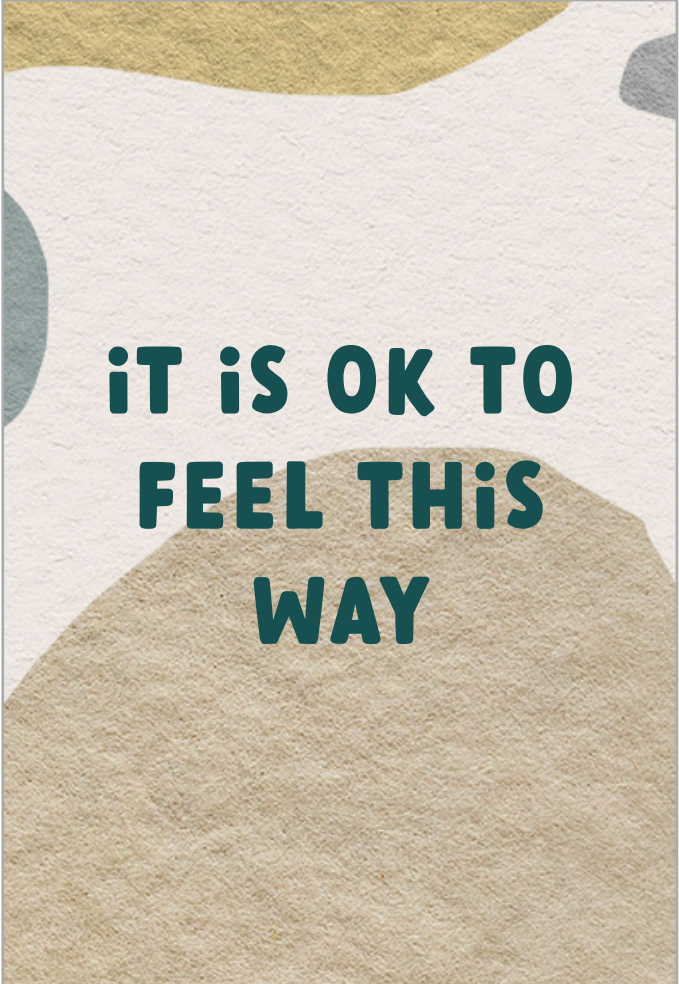
**i CAN SURViVE
THE PRESENT,
EVEN iF iAM
UNHAPPY WiTH
WHAT is
HAPPENiNG**



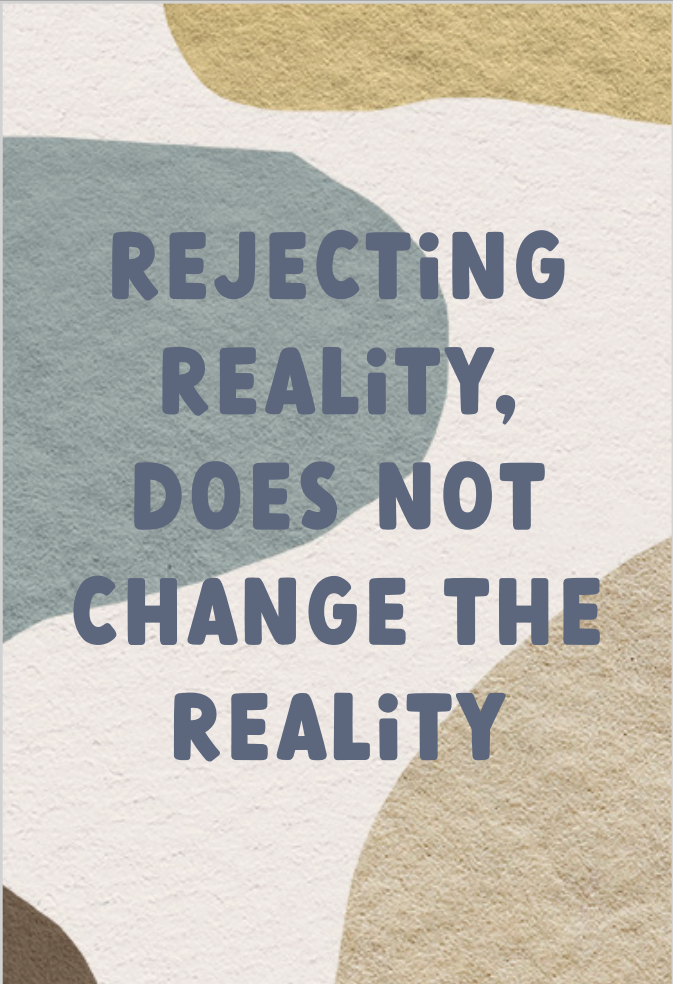
**LiFE is WORTH
LiViNG, EVEN iF
i AM iN PAiN**



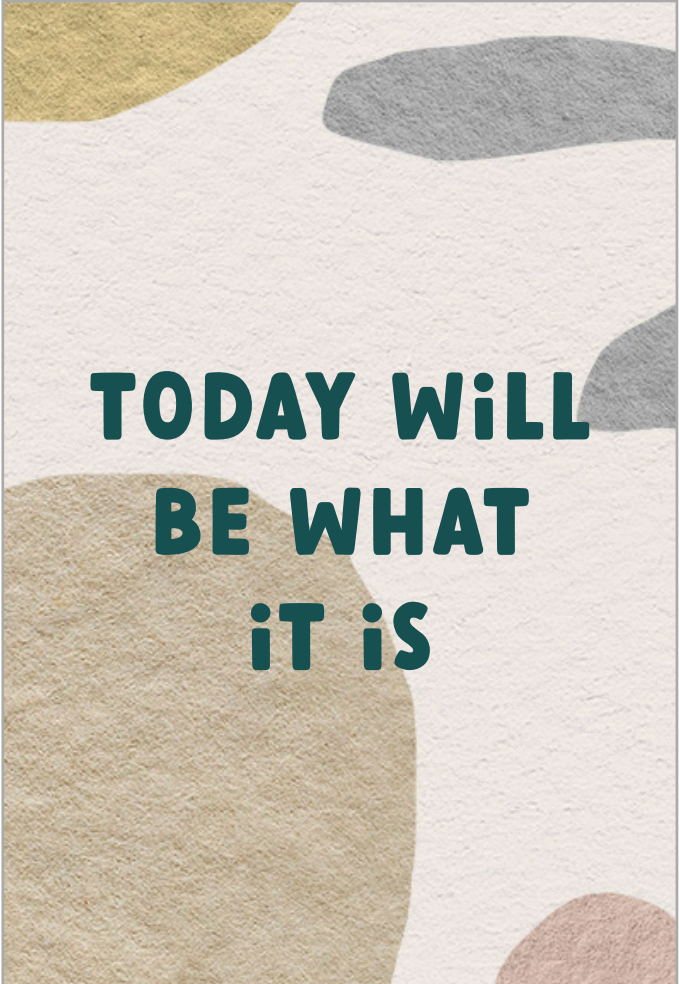
**i CAN NOT
PREDiCT THE
FUTURE AND
i AM OK WITH
THAT**



**iT iS OK TO
FEEL THiS
WAY**



**REJECTiNG
REALiTY,
DOES NOT
CHANGE THE
REALiTY**




**TODAY WiLL
BE WHAT
iT iS**



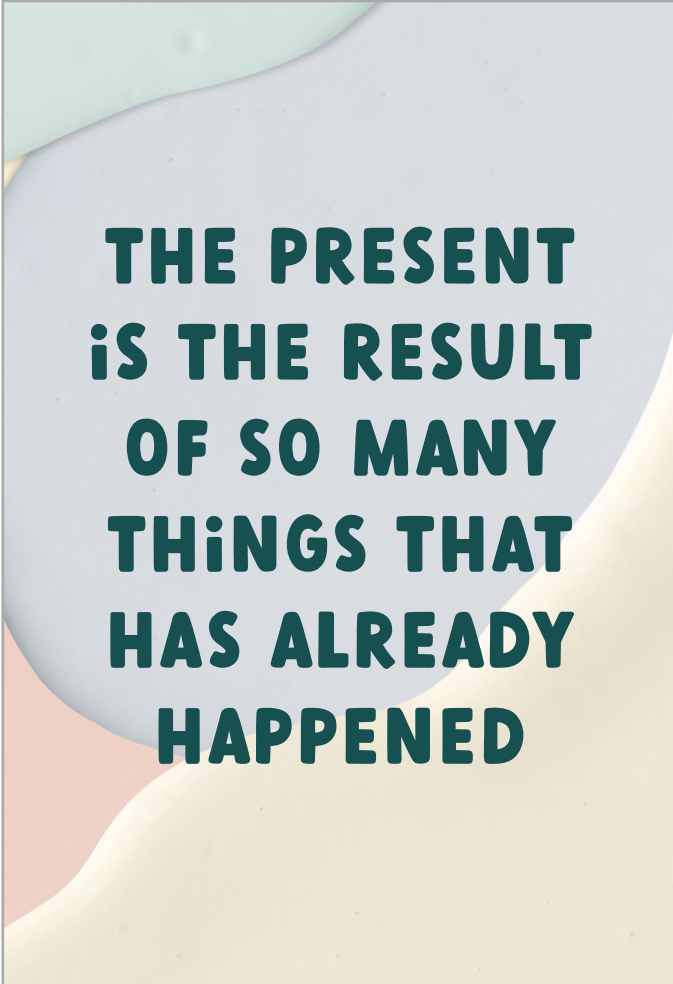
**WHAT'S THE
POINT IN
FIGHTING
THE PAST?**



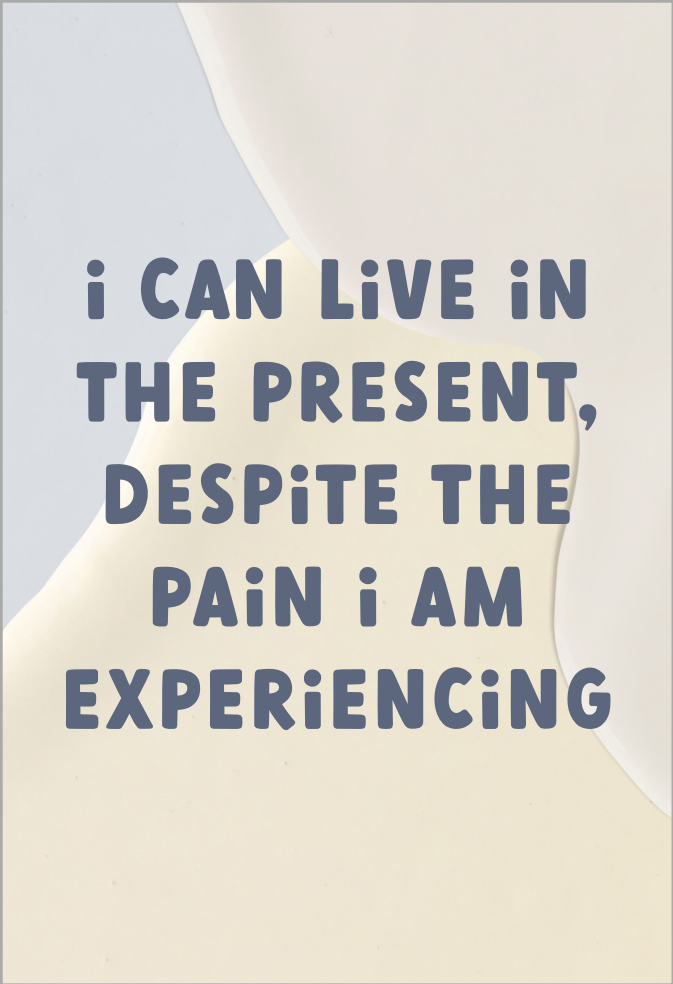
**i CAN BE
KIND TO
MYSELF IN
THIS
MOMENT**



**WHAT'S
ALREADY
HAPPENED IS
NOW IN THE
PAST**



**THE PRESENT
IS THE RESULT
OF SO MANY
THINGS THAT
HAS ALREADY
HAPPENED**



**i CAN LiVE iN
THE PRESENT,
DESPiTE THE
PAiN i AM
EXPERiENCiNG**



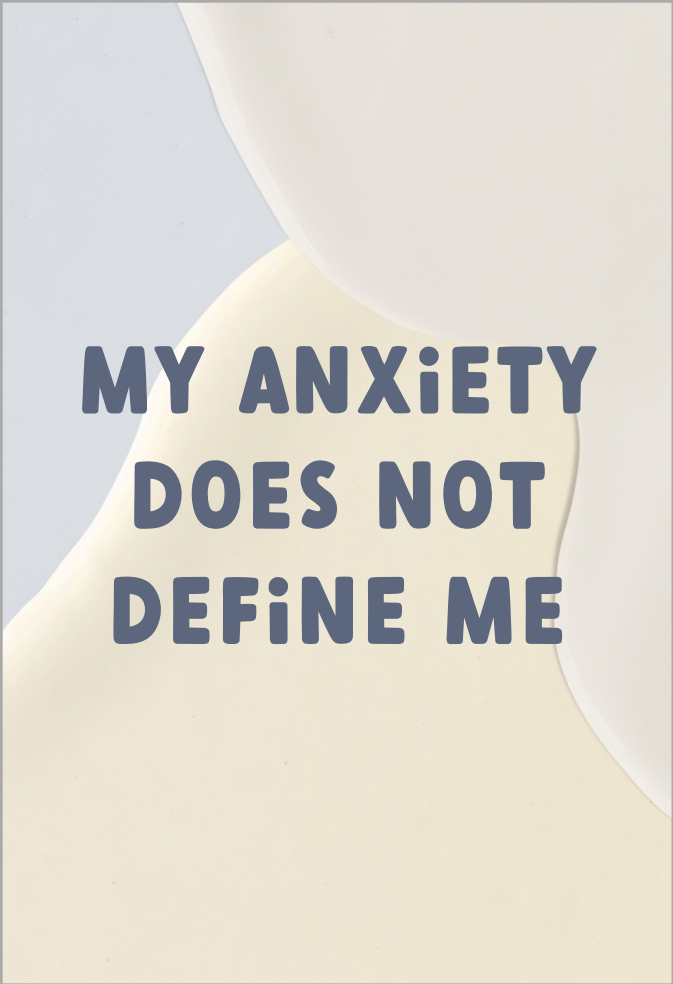
**EVERYTHiNG
HAS A CAUSE**



**i FEEL RELiEF
BY LETTiNG
GO OF MY
PAST**



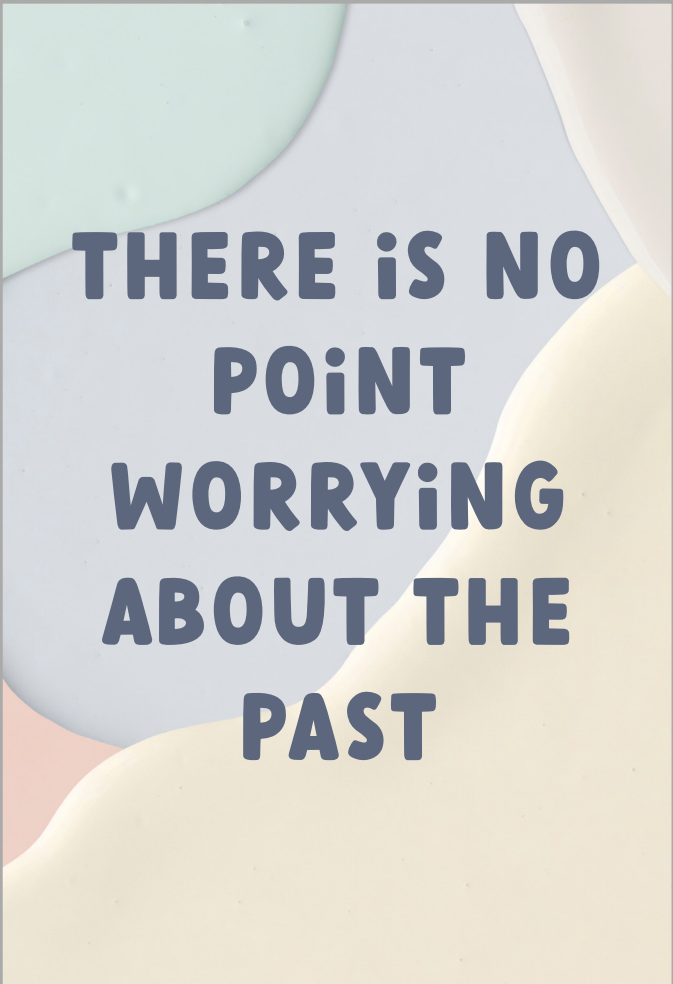
**i ONLY HAVE
CONTROL
OVER THE
PRESENT
MOMENT**



**MY ANXIETY
DOES NOT
DEFINE ME**



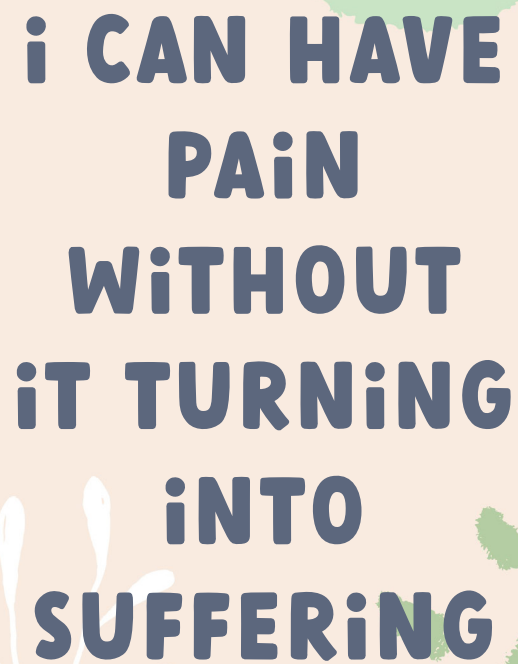
**i ACCEPT THE
SITUATION
WITHOUT
JUDGING
MYSELF**



**THERE IS NO
POINT
WORRYING
ABOUT THE
PAST**



**FIGHTING
THE PAST
ONLY BLINDS
MY PRESENT**



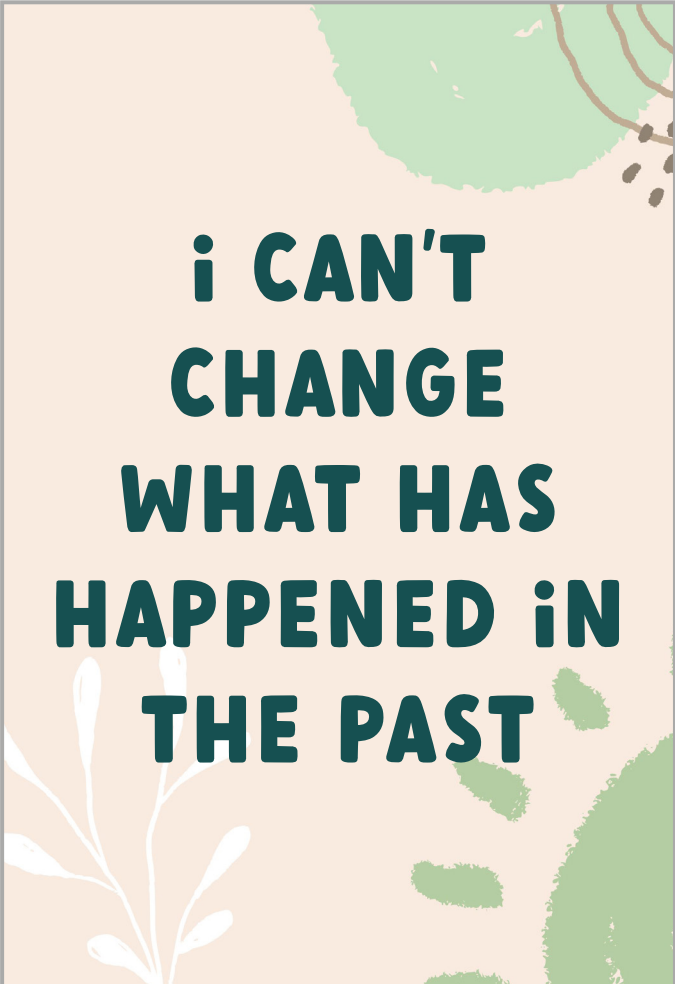
**i CAN HAVE
PAIN
WITHOUT
IT TURNING
iNTO
SUFFERiNG**



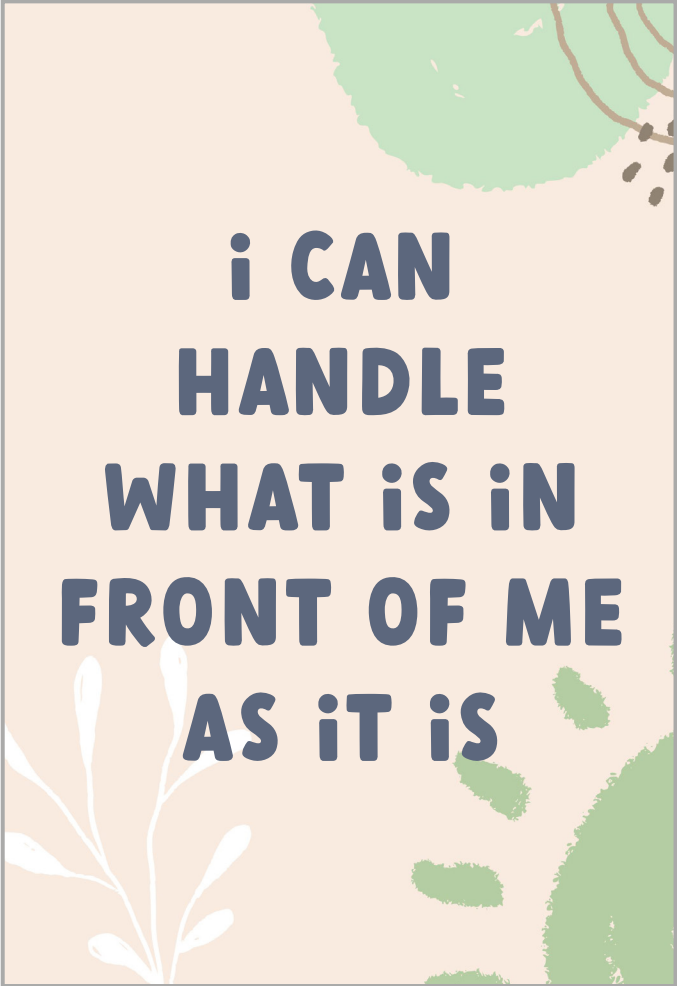
**i ACCEPT THE
REALiTY OF
MY LiFE**



**i ACCEPT
MYSELF AS
i AM**



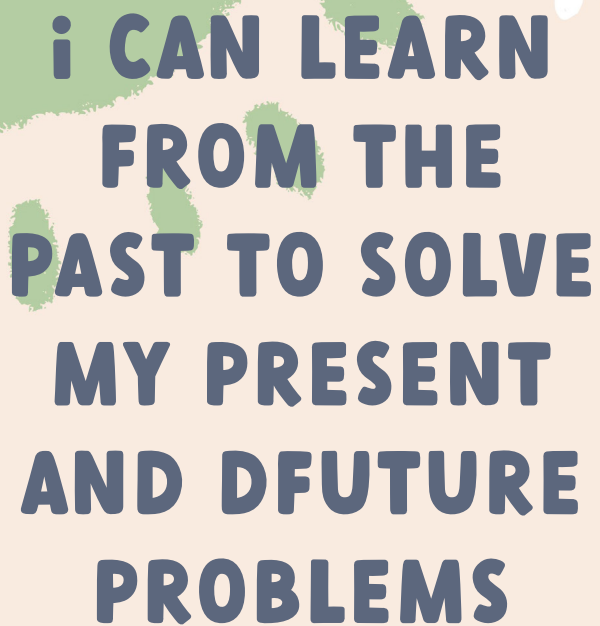
**i CAN'T
CHANGE
WHAT HAS
HAPPENED iN
THE PAST**



**i CAN
HANDLE
WHAT IS IN
FRONT OF ME
AS IT IS**



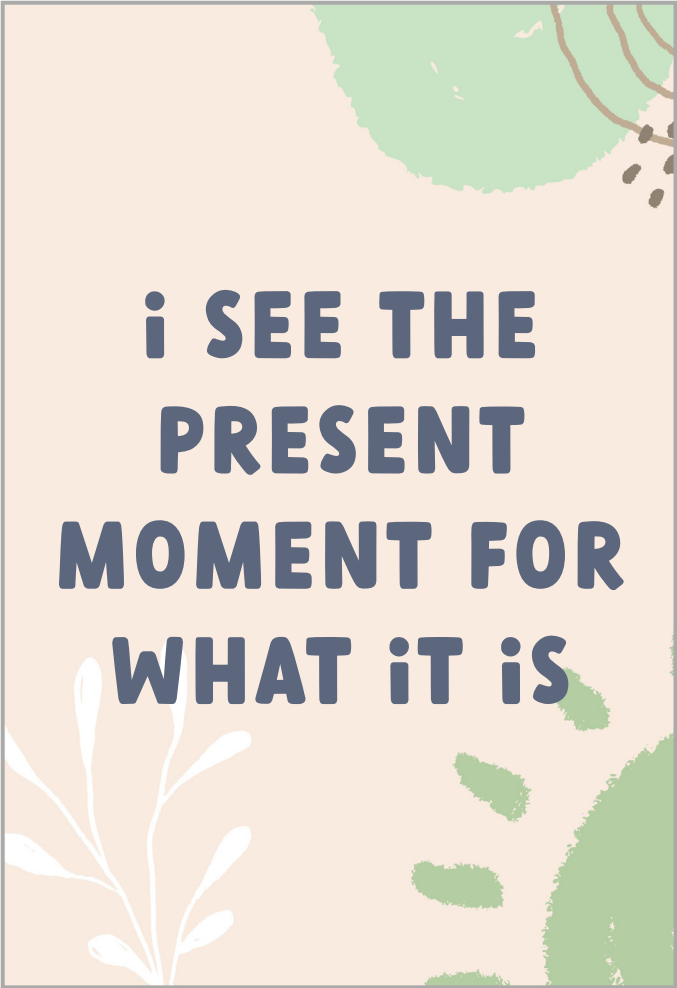
**i CAN
EXPERIENCE
LIFE AS IT IS**



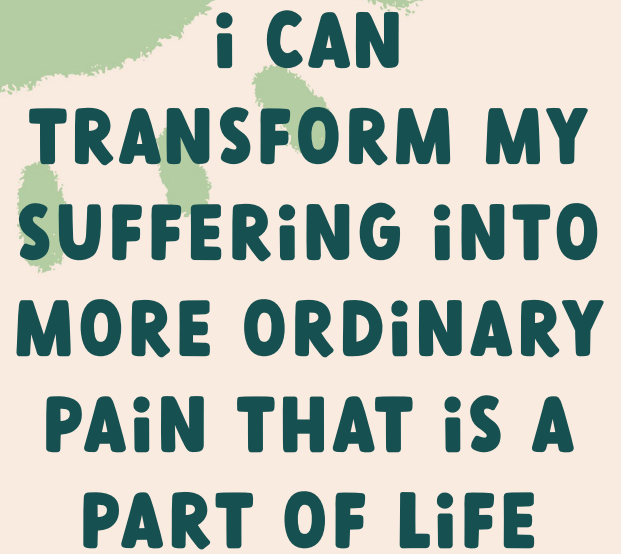
**i CAN LEARN
FROM THE
PAST TO SOLVE
MY PRESENT
AND DFUTURE
PROBLEMS**



**MY PAST
DOES NOT
DEFiNE MY
FUTURE**



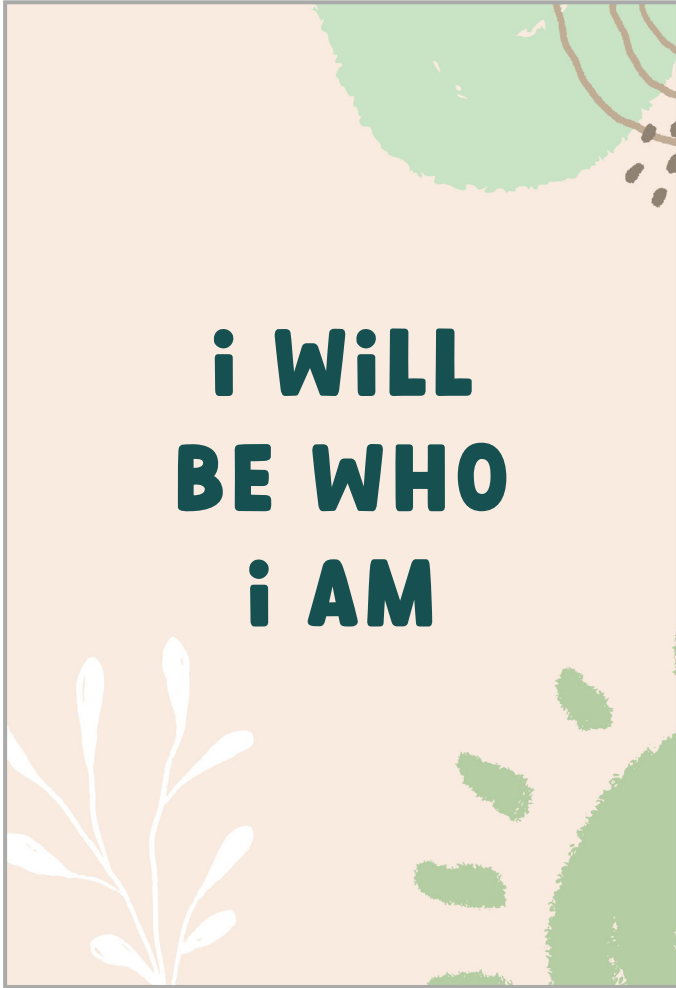
**i SEE THE
PRESENT
MOMENT FOR
WHAT iT iS**



**i CAN
TRANSFORM MY
SUFFERiNG iNTO
MORE ORDiNARY
PAiN THAT iS A
PART OF LiFE**




**i AM DOiNG
THE BEST
i CAN**



**i WiLL
BE WHO
i AM**



**REALiTY iS
WHAT iT iS**



**i AM MORE
THAN
CAPABLE OF
CHANGiNG**



**ACCEPTiNG
iS AN ACTiVE
CHOiCE THAT
i CHOOSE
RiGHT NOW**



**i ACCEPT
THiS
MOMENT AS
iT iS**



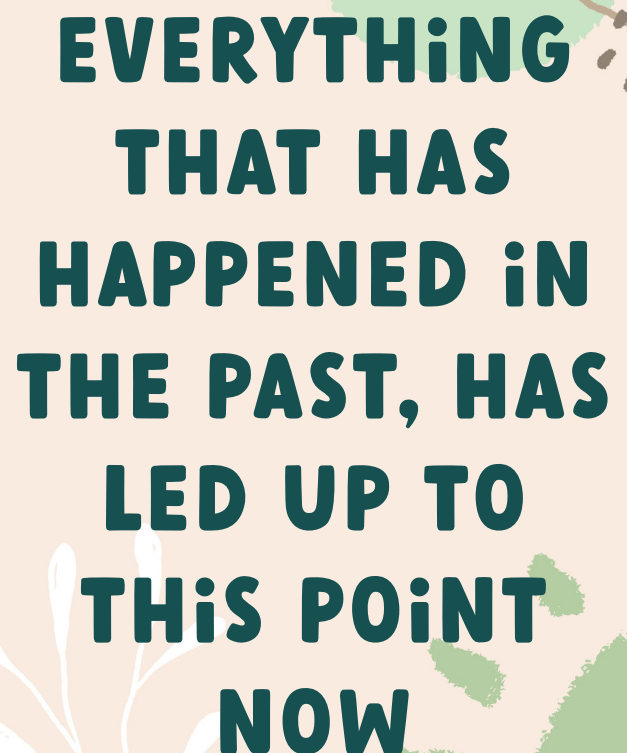
**i TRUST iN
THE PROCESS
OF LiFE**




**i WiLL NOT
GiVE UP**



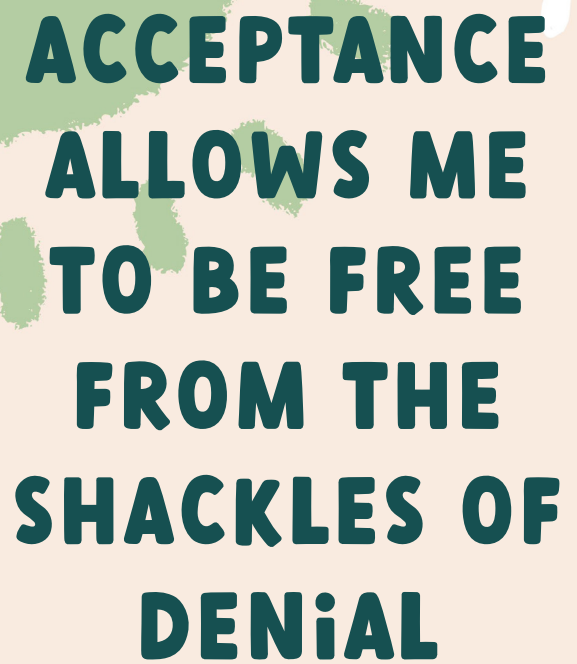
**i CAN STOP
FiGHTiNG
REALiTY**



**EVERYTHiNG
THAT HAS
HAPPENED iN
THE PAST, HAS
LED UP TO
THiS POiNT
NOW**



**i CAN MOVE
FORWARD
iN LiFE**



**ACCEPTANCE
ALLOWS ME
TO BE FREE
FROM THE
SHACKLES OF
DENiAL**