

I AM	I AM NOT	REPHRASE (Insight)	RECLAIM (Affirmation)
Kind	Hurtful	By avoiding / fearing to hurt someone's feelings, I have not expressed myself honestly.	I am comfortable expressing my honest feelings. I am authentic.
Loving	Hateful (anger & distrust)	By avoiding my anger, I may not express how I really feel when crossing a boundary.	I am empowered. <i>How to incorporate humor?</i>
Joyful	Mournful	By avoiding my mourning, I may not be fully processing my grief or sadness.	I allow myself to feel and process all emotions, knowing that joy can follow. I embrace all my feelings.
Helpful	Useless	By avoiding feeling useless, I may overcommit myself or offer help when it's not truly needed.	I offer help discerningly and trust in my worth, even when not actively "doing."
Smart	Ignorant	By avoiding appearing ignorant, I may hesitate to ask questions or admit when I don't know something.	I embrace continuous learning and am confident in asking for clarity. I am always growing in knowledge and understanding.
Productive	Lazy	Pushing too hard, I ignore my need for balance and rest.	Tuning into body and mind's need for rest. I reclaim and allow restoration, gestation and healing.

WOUNDS ----->WISDOM (WORTH)

