

Problem Solving with  
**S.E.L.F.**



**SAFETY**

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I do NOT feel safe

I DO feel safe



**EMOTIONS**

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I am NOT managing my emotions well

I AM managing my emotions well



**LOSS**

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I AM experiencing loss

I am NOT experiencing loss



**FUTURE**

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I am NOT hopeful

I AM hopeful

*To heal, help and inspire hope*

