

3. **Truth** – *What's true is that I am...*

Loved
Worthy
Thoughtful
Caring
Treasured
Connected
Hardworking
Intelligent
Disciplined
Insightful
Discerning
Known
Necessary
Important
Powerful
Responsible

Often opposite of feeling(s)

Valuable
Never alone
Significant
Acceptable
Understandable
Prepared
Respectable
Safe/Secure
Fulfilled
Capable
Generous
In Control
Competent
Empathetic
Successful
Valid

→ 4. **Action** – *What I'll do differently is...*

Loving
Encouraging
Supportive
Accepting
Inclusive
Kind/Gentle
Patient
Forgiving
Positive
Humble
Respectful
Settled
Self-Aware
Joyful
Hopeful
Optimistic

Often opposite of coping

Connected
Understanding
Open
Balanced In
Giving/Taking
Known/Direct
Vulnerable
Honest
Responsible
Faithful
Self-Controlled
Teachable
Attentive
Reliable
Trustworthy
Ask Questions

Peace Cycle →