

**EVEN THOUGH I HAVE-----‘this problem’-----**

**I AM PERMANENTLY  
LOVED, NURTURED, PROTECTED,  
EMPOWERED, FORGIVEN AND HEALED!!  
I AM SAFE!! I AM SMART!! I AM STRONG!!  
GOD LOVES ME!**

**TAP AND CHANT EVERY NIGHT - REPEAT OFTEN AS NEEDED!**

**EVEN THOUGH -----“war is hell!”-----**

**I AM PERMANENTLY  
LOVED, NURTURED, PROTECTED,  
EMPOWERED, FORGIVEN, AND HEALED!!  
I AM SAFE! I AM STRONG!! I AM SMART!!!**

**HOORAH!! I AM A MARINE!! SEMPER FI !!**

**TAP AND CHANT EVERY NIGHT - REPEAT OFTEN AS NEEDED!**

**EVEN THOUGH I HAVE -----‘my problem’-----**

**I AM PERMANENTLY  
LOVED, NURTURED, PROTECTED,  
EMPOWERED, FORGIVEN AND HEALED!!  
I AM SAFE!! I AM SMART!! I AM STRONG!!  
And I AM SMILING!!!**

**I AM.....(make up your own positive statement).....:**

**TAP AND CHANT EVERY NIGHT - REPEAT OFTEN AS NEEDED!**