

**In the grand
scheme
of things,
everything
will be okay.**

**This
will last
forever.**

**I can think of
five reasons
to work
through this
challenge
now.**

**I'm
trapped—
I have no
power or
control
in this
situation.**

**This
moment
will pass.**

**Instead
of risking
failure,
I'd rather
give up.**

**I can think
of a time
when I
overcame
a similar
challenge
before.**

Other