

Name: _____

Del Sur

H R P O S I T I V E A F F I R M A T I O N N N H
C J T Q I A F Q Z W U D X Q S J T I W B I T C M
K Q K I C G S T C A F E H T G N I K C E H C R C
R G N I L E S N U O C J S W I T P W T N V X K C
A Y W J N R W T S R G K W O B B W X N K G B S O
D K G I V V N V Y Q A D U D S M S S M M W H V O
I O V J R F X P K E I W I N O Z G K X R Z Z X P
C P S L L I K S W O H E O I Q H X H N N N B V I
A S P S Q R A T I O N A L M I N D T H T J S Y N
L Y R J Z C G M F R B X J L D S I U H K G D H G
A C A W J C T E K P W Y W A L F Z Q K V P B L S
C H Y I I M W D F W Y D V N B Z B C U D F V W K
C I E M J T H I F H C S I O K J X L G L A M D I
E A R N A A A T M O G J G I P O T S C C S I G L
P T S E O M T A G S F W N T Z C Y G U R Z R T L
T R H D M S S T D K P S R O U Q F R T G B B D S
A I W Y X J K I D I T R P M X R M A N P E E R S
N S R E D U I O N L P G H E Y H W N O I S S E S
C T F K P Z L N I L N A M R A E D Y T K D O A U
E D H D X K L M M T U B P S W O Q M P M H A C V
D U W O L I S C E S L L I K S E S A E L P S R T
Q A A H K V S G S Y S K I G D X U E K G M O V D
X V E B N Q O M I N D F U L N E S S W X A H T K
A B M I T F L X W Q I T C K A Z Q N E C Z R Y K

positive affirmation
emotional mind
please skills
what skills
counseling
dear man
peers

radical acceptance
cooping skills
psychiatrist
how skills
wise mind
session
stop

checking the facts
rational mind
mindfulness
meditation
who skill
Prayer
tip