

Integration

»I feel authentic
as my new self
in my new reality.«

Activity

»I engage in what
I can influence and
make a difference.«

Reality

»I try to see
reality as it *really*
presents itself.«

Acceptance

»I embrace and accept
what I cannot change
from the bottom
of my heart.«

Emotion

»I express
my feelings
mindfully.«

Negotiation

»I negotiate fairly –
with myself and
with others.«

Certainty

»I explore what
it really means
for me.«

Uncertainty

»I search for information
from reliable sources.«