

Sabine Ebersberger / Michael Bohne

INSIDE LIFE

Strength-giving sentences for unprecedented times. A do-it-yourself card set

A situation like the present where change and stand-still are happening simultaneously is something none of us have experienced before. It presents us with the challenge to master our uncertainties and to come to terms with new routines. The longer this lockdown, quarantine and never-ending bad news lasts, the heavier is the psychological burden. While we are all disinfecting our hands, our psyche is for the most part defenseless against the onslaught. But how do we cleanse and immunize our psyche?

To give us all a little help, meaning, and a ray of hope in this current crisis we have developed a small do-it-yourself card set. It consists of 40 INSIDE cards and 40 LIFE cards which, when combined, can create 1,600 strength-giving and clarifying sentences. Using these sentences you can support your own coping strategies. These sentences are oriented towards the basic human needs of security, autonomy, relationships, and the strengthening of self esteem.

Thus the INSIDE-LIFE card set serves both as tool for crisis prevention and crisis intervention - practical, simple and at home.

Here's how it works:

- * Download the PDF, print it out and cut out the cards.
- * Formulate your own strength-giving sentences. Activate your psychological resilience against uncertainty and fear, as you would internalize a mantra.
- * It helps if you speak your sentences out loud, and at the same time rub just below your left collar bone in a clockwise direction with your right-hand fingers. (This haptic stimulation in combination with the spoken sentence is an effective intervention from PEP, the Process and Embodiment-focused Psychology by Michael Bohne.)

- * You can use the cards as a bookmark in your current book, attach them to your fridge, or write them down again and again. The goal is to keep the sentences current in your mind.
- * If you live in a family or a shared apartment you can use the cards to talk together about your current experiences and concerns in daily life together.
- * For your own ideas we have added a few blank cards to the pdf.
- * Feel free to share this link with family, friends and colleagues so that the strength-giving sentences reach as many people as possible.
- * We look forward to receiving photos of your own personal card set, and your experiences with the INSIDE-LIFE card set.

We now wish you all health in body and soul to cope well with these unprecedented times.

All the best from

Sabine Ebersberger and Michael Bohne

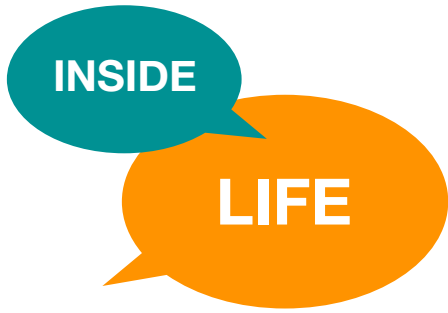
www.innen-leben.org

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Please note: Those who use strength-giving sentences as a self-treatment, are responsible for their own actions. The use of strength-giving sentences is no substitute for professional treatment for conditions that require it.



Strength-giving sentences
for unprecedented times.

A do-it-yourself card set

Translated by:
Dagmar Regorsek & Tom Zahner



Even though the
current situation
clearly pushes me
to my limits,

www.innen-leben.org



Even though I feel
helpless and at the
mercy of others,

www.innen-leben.org



Even though
one can't go
outside anymore,

www.innen-leben.org



Even though I feel
like the walls
are closing in,

www.innen-leben.org



Even though I
worry about myself
and my loved ones,

www.innen-leben.org



Even though I have
to change my
behavior in so
many areas,

www.innen-leben.org



Even though
everything seems to
be going down the
drain for me,

www.innen-leben.org



Even though I am
worried about my
livelihood,

www.innen-leben.org



INSIDE

Even though I find it hard to organize myself in this current situation,

www.innen-leben.org



INSIDE

Even though I am terribly concerned about what is going to happen next,

www.innen-leben.org



INSIDE

Even though it is not foreseeable how long this situation will last,

www.innen-leben.org



INSIDE

Even though I miss my work and my colleagues,

www.innen-leben.org



INSIDE

Even though all this is overwhelming for me,

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INSIDE

Even though meanwhile, I don't have the slightest idea what the future will look like,

www.innen-leben.org



INSIDE

Even though I don't know what's going to happen with childcare and school,

www.innen-leben.org



INSIDE

Even though I feel locked up,

www.innen-leben.org



INSIDE

Even though I feel cut off from my social environment,

www.innen-leben.org



INSIDE

Even though I
have to give up
a lot,

www.innen-leben.org



INSIDE

Even though I
realize how people
are changing,

www.innen-leben.org



INSIDE

Even though I am
scared that some
people haven't
realized yet how
serious the
situation is,

www.innen-leben.org



INSIDE

Even though I
worry about how
the global economy
will develop,

www.innen-leben.org



INSIDE

Even though other
very important
topics are being
pushed into the
background,

www.innen-leben.org



INSIDE

Even though the
atmosphere is
strangely alienating,

www.innen-leben.org



INSIDE

Even though the
news won't improve
in the coming days
and weeks,

www.innen-leben.org



INSIDE

Even though I can't
visit my relatives,

www.innen-leben.org



INSIDE

Even though no one
knows whether the
health system can
cope with the crisis,

www.innen-leben.org



INSIDE

Even though exams
are being postponed
all over the country,

www.innen-leben.org



INSIDE

Even though stay-at-
home orders have
become a reality,

www.innen-leben.org



INSIDE

Even though I
sometimes feel
like I'm on
another planet,

www.innen-leben.org



INSIDE

Even though the
uncertainty fills
me with fear,

www.innen-leben.org



INSIDE

Even though what
was true in the
morning seems to
be false in the
evening,

www.innen-leben.org



INSIDE

Even though
public life has
come to a halt,

www.innen-leben.org



INSIDE

Even though my
fears and worries
take a lot out of me,

www.innen-leben.org



INSIDE

Even though I'm
sometimes bored
to tears,

www.innen-leben.org



INSIDE

Even though all
this really gets on
my nerves,

www.innen-leben.org



INSIDE

Even though I
can't get other
people's fates out
of my mind,

www.innen-leben.org



INSIDE

Even though the
media reports
contribute to fear
and panic,

www.innen-leben.org



INSIDE

Even though the
mood at home is
tense at times,

www.innen-leben.org



INSIDE

Even though the
current situation
has undermined
all my plans,

www.innen-leben.org



INSIDE

Even though I don't
have any more ideas
how to keep my kids
busy all day long,

www.innen-leben.org



INSIDE

Even though ...

www.innen-leben.org



INSIDE

Even though ...

www.innen-leben.org



INSIDE

Even though ...

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INSIDE

Even though ...

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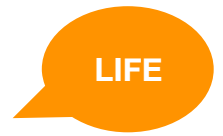
I'm trying to find the positive side of slowing down.

www.innen-leben.org



I trust that I and all others will be well taken care of.

www.innen-leben.org



I find a way to do something for my health within my own four walls.

www.innen-leben.org



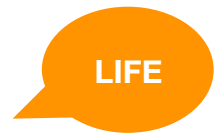
I'm trying to make the best of it all.

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I'm aware of my feelings and talk about them.

www.innen-leben.org



I find a reason to be grateful everyday.

www.innen-leben.org



I take on the challenges with strength and confidence.

www.innen-leben.org



I do like the Italians do and sing loudly out of the window.

www.innen-leben.org



I rediscover for myself all the things I can do at home.

www.innen-leben.org



I use the time to sort things out and get things in order.

www.innen-leben.org



I'm deeply grateful to those who keep the system running.

www.innen-leben.org



it proves once again how chocolate helps me get through.

www.innen-leben.org



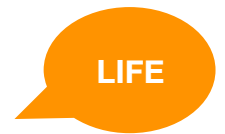
I'm convinced that better times will come again.

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I'll go back to writing letters, after all, mail is still being delivered.

www.innen-leben.org



I'll make a meaningful contribution within the range of my possibilities.

www.innen-leben.org



I come to terms with the fact that we are all in the same boat.

www.innen-leben.org



I find out how I can support others.

www.innen-leben.org



I distribute my telephone number throughout the neighborhood so elderly people can call me if need be.

www.innen-leben.org



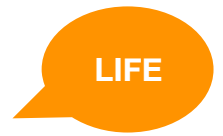
I ask myself what's really important.

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I learn how to come to terms with my fears.

www.innen-leben.org



I give myself more room for reflection and contemplation.

www.innen-leben.org



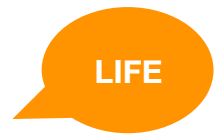
I realize that despite my staying at home I'm not alone.

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I'm happy to have time for my family again.

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I give every day its own structure.

www.innen-leben.org



whining is no solution.

www.innen-leben.org



no one can take away my optimism.

www.innen-leben.org



I realize that laughter and humour give me a feeling of liberation.

www.innen-leben.org



at least I have
my home office.

www.innen-leben.org



I'll transform my
fear into lightness
of being.

www.innen-leben.org



it turns out
that giving up
is not loss.

www.innen-leben.org



I'm pleasantly
surprised at the
humour and
compassion that is
developing.

www.innen-leben.org



I'm turning my
home into a nest.

www.innen-leben.org



I find ways
to stay in touch
with people who are
important to me.

www.innen-leben.org



I use my creativity to
overcome my
current challenges.

www.innen-leben.org



I appreciate and
respect myself
just as I am.

www.innen-leben.org



I'll master this
crises with head
and heart.

www.innen-leben.org



I'm somehow relieved that my calendar isn't full of appointments.

www.innen-leben.org



I acknowledge that imposing restrictions on myself is necessary for the common good.

www.innen-leben.org



the sun will rise again tomorrow.

www.innen-leben.org



I try to do something for myself everyday, even if it is just for a few moments.

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