

Sabine Ebersberger / Michael Bohne



INSIDE-LIFE

Empowering affirmations for times of war and crisis

[English Version, 2022]

Translated by: Tonja Roedig

www.innen-leben.org

Empowering affirmations for times of war and crisis. A set of cards with approx. 2000 powerful phrases to give optimism and hope.

This is how it works:

Print and cut out all the cards. Play with the cards by combining them randomly until you have found the sentence most meaningful to you. Each sentence consists of two parts:

- Part **»1...** refers to a difficult situation or a troubling topic.
- Part **...2«** provides an empowering solution by connecting the problem with a resource-oriented perspective.

Say your sentence out loud and feel its effect. It should feel good and speak to your heart. You can support its effect by rubbing the spot under your left collarbone with your right hand in a clockwise direction.

INNEN-LEBEN (INSIDE-LIFE) is an initiative by Dr. Sabine Ebersberger and Dr. med. Michael Bohne. For information on use and dissemination see: www.innen-leben.org/www.creativecommons

»1...

Even though I am utterly exhausted,

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»1...

Even though I feel helpless and exposed,

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»1...

Even though my life will never be the way it was again,

www.innen-leben.org

»1...

Even though I've lost my freedom and safety,

www.innen-leben.org

»1...

Even though I am extremely angry,

www.innen-leben.org

»1...

Even though I can't get rid of the horrible images in my mind,

www.innen-leben.org

»1...

Even though I feel betrayed,

www.innen-leben.org

»1...

Even though I am
facing ruin,

www.innen-leben.org

»1...

Even though my life
is dominated by war
and violence,

www.innen-leben.org

»1...

Even though I don't see
a solution anymore,

www.innen-leben.org

»1...

Even though I
constantly worry about
my family and friends,

www.innen-leben.org

»1...

Even though I can
barely function,

www.innen-leben.org

»1...

Even though nothing
is certain except
uncertainty,

www.innen-leben.org

»1...

Even though I can't
trust anyone anymore,

www.innen-leben.org

»1...

Even though I have
nightmares and
flashbacks,

www.innen-leben.org

»1...

Even though
people's fate keeps
haunting me,

www.innen-leben.org

»1...

Even though I don't
even know where to
begin,

www.innen-leben.org

»1...

Even though
I feel lost,

www.innen-leben.org

»1...

Even though I can't
find peace of mind,

www.innen-leben.org

»1...

Even though I don't
know how to take care
of myself and my
family,

www.innen-leben.org

»1...

Even though I feel
discouraged and
desperate,

www.innen-leben.org

»1...

Even though we have
to completely reshape
our lives,

www.innen-leben.org

»1...

Even though the world
is not a safe place
anymore,

www.innen-leben.org

»1...

Even though I've never
dealt with such a
situation before,

www.innen-leben.org

»1...

Even though
everything around me
feels strange and
foreign,

www.innen-leben.org

»1...

Even though I have to
make difficult
decisions,

www.innen-leben.org

»1...

Even if I have to cry,

www.innen-leben.org

»1...

Even though I barely
recognize myself,

www.innen-leben.org

»1...

Even though
everything I lived and
worked for is lost,

www.innen-leben.org

»1...

Even though I can't
sleep anymore,

www.innen-leben.org

»1...

Even though I worry
tremendously about
the future of my
children,

www.innen-leben.org

»1...

Even though the days
and weeks seem to last
forever,

www.innen-leben.org

»1...

Even though I cannot
distinguish friends
from enemies anymore,

www.innen-leben.org

»1...

Even though this war
and its consequences
will affect us for a long
time to come,

www.innen-leben.org

»1...

Even though I am
scared of the future,

www.innen-leben.org

»1...

Even though I
am overwhelmed
by all of this,

www.innen-leben.org

»1...

Even though I have
noticed that people are
changing,

www.innen-leben.org

»1...

Even though I am
stretched to my limits
in this situation,

www.innen-leben.org

»1...

Even though it is hard
for me to get organized
under these
circumstances,

www.innen-leben.org

»1...

Even though other
important problems
have been pushed to
the background now,

www.innen-leben.org

»1...

Even though I am
ridden with fear,

www.innen-leben.org

»1...

Even though I cannot
meet my friends and
family anymore,

www.innen-leben.org

»1...

Even though
sometimes I just can't
believe what's
happening,

www.innen-leben.org

»1...

Even if the news don't
get better in the next
days or weeks,

www.innen-leben.org

...2«

I don't give up hope for
a solution to emerge.

www.innen-leben.org

...2«

I keep fighting for a
peaceful and just world.

www.innen-leben.org

...2«

I am aware of my
strengths and
capabilities.

www.innen-leben.org

...2«

my fear is the key
to my strength.

www.innen-leben.org

...2«

I remind myself of
something nice or of
good times.

www.innen-leben.org

...2«

I focus on structuring
one day at a time
and don't plan ahead
too much.

www.innen-leben.org

...2«

I stay true
to my values.

www.innen-leben.org

...2«

I embrace my fears
and insecurities.

www.innen-leben.org

...2«

I am able to take care of myself again and again.

www.innen-leben.org

...2«

I recognize the moments that give me energy.

www.innen-leben.org

...2«

I accept myself just as I am, with everything that makes me »me«.

www.innen-leben.org

...2«

I keep things in perspective.

www.innen-leben.org

...2«

I remind myself that God's hand still protects me.

www.innen-leben.org

...2«

I firmly believe there are better times to come.

www.innen-leben.org

...2«

there are occasions when I feel protected.

www.innen-leben.org

...2«

I respect and appreciate myself just as I am.

www.innen-leben.org

...2«

I know I am not alone.

www.innen-leben.org

...2«

my optimism cannot
be taken from me.

www.innen-leben.org

...2«

there are people who
help and support me.

www.innen-leben.org

...2«

I am optimistic about
the future.

www.innen-leben.org

...2«

it's absolutely normal
to be afraid right now.

www.innen-leben.org

...2«

I make my needs
a priority
even more now.

www.innen-leben.org

...2«

I can always access my
inner resources.

www.innen-leben.org

...2«

I will not be defeated.

www.innen-leben.org

...2«

I remember that
together we are strong.

www.innen-leben.org

...2«

I remember that the
world community
stands behind us.

www.innen-leben.org

...2«

I take on my responsibility.

www.innen-leben.org

...2«

I keep my focus on reality and facts.

www.innen-leben.org

...2«

I acknowledge my feelings and talk about them.

www.innen-leben.org

...2«

I find a reason to be grateful every day.

www.innen-leben.org

...2«

I use my strength and positive outlook to take on the challenges.

www.innen-leben.org

...2«

I make my own contribution in a way I am able.

www.innen-leben.org

...2«

I learn to cope with my fears.

www.innen-leben.org

...2«

I find ways to communicate with people dear to me.

www.innen-leben.org

...2«

I trust in my competence and experience.

www.innen-leben.org

...2«

I focus on what I can do here and now.

www.innen-leben.org

...2«

I find out how to support others.

www.innen-leben.org

...2«

despite the physical distance, I am deeply connected with my loved ones.

www.innen-leben.org

...2«

I find ways to weave little nurturing rituals into everyday life.

www.innen-leben.org

...2«

I know that I am not fighting alone.

www.innen-leben.org

...2«

I am strengthened by others' solidarity.

www.innen-leben.org

...2«

I connect with people who are good for my wellbeing.

www.innen-leben.org

...2«

I am the one to make the decisions in my life.

www.innen-leben.org

...2«

I manage to soothe myself again and again.

www.innen-leben.org



You can use this empty space to write down your own sentences.

www.innen-leben.org

»1...

Even though ...

www.innen-leben.org

»1...

Even though ...

www.innen-leben.org

»1...

Even though ...

www.innen-leben.org

»1...

Even though ...

www.innen-leben.org

...2«

www.innen-leben.org

...2«

www.innen-leben.org

...2«

www.innen-leben.org

...2«

www.innen-leben.org