



Sabine Ebersberger / Michael Bohne

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

A situation like the present where change and standstill 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

We would like to acknowledge and thank Dagmar Regorsek & Tom Zahner for their help in translating the texts and cards.

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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.

INSIDE

LIFE

Strength-giving sentences
for unprecedented times.

A do-it-yourself card set

Translated by:

Dagmar Regorsek & Tom Zahner

INSIDE

INSIDE

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

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

INSIDE

INSIDE

INSIDE

Even though
one can't go
outside anymore,

Even though I feel
like the walls
are closing in,

Even though I
worry about myself
and my loved ones,

INSIDE

INSIDE

INSIDE

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

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

Even though I am
worried about my
livelihood,

INSIDE

INSIDE

INSIDE

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

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

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

INSIDE

INSIDE

INSIDE

Even though I miss my work and my colleagues,

Even though all this is overwhelming for me,

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

INSIDE

INSIDE

INSIDE

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

Even though I feel locked up,

Even though I feel cut off from my social environment,

INSIDE

Even though I have to give up a lot,

INSIDE

Even though I realize how people are changing,

INSIDE

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

INSIDE

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

INSIDE

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

INSIDE

Even though the atmosphere is strangely alienating,

INSIDE

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

INSIDE

Even though I can't visit my relatives,

INSIDE

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

INSIDE

Even though exams
are being postponed
all over the country,

INSIDE

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

INSIDE

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

INSIDE

Even though the
uncertainty fills
me with fear,

INSIDE

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

INSIDE

Even though
public life has
come to a halt,

INSIDE

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

INSIDE

Even though I'm
sometimes bored
to tears,

INSIDE

Even though all
this really gets on
my nerves,

INSIDE

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

INSIDE

Even though the
media reports
contribute to fear
and panic,

INSIDE

Even though the
mood at home is
tense at times,

INSIDE

Even though the
current situation
has undermined
all my plans,

INSIDE

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

INSIDE

Even though ...

INSIDE

Even though ...

INSIDE

Even though ...

INSIDE

Even though ...



LIFE

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



LIFE

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



LIFE

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



LIFE

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



LIFE

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



LIFE

I find a reason to be grateful everyday.



LIFE

I take on the challenges with strength and confidence.



LIFE

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



LIFE

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



LIFE

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



LIFE

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



LIFE

it proves once again how chocolate helps me get through.



LIFE



LIFE



LIFE

I'm convinced that better times will come again.

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

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



LIFE



LIFE



LIFE

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

I find out how I can support others.

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



LIFE

I ask myself what's
really important.



LIFE

I learn how to
come to terms
with my fears.



LIFE

I give myself more
room for reflection
and contemplation.



LIFE

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



LIFE

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



LIFE

I give every
day its own
structure.



LIFE

whining is
no solution.



LIFE

no one can take
away my optimism.



LIFE

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



LIFE

at least I have my home office.



LIFE

I'll transform my fear into lightness of being.



LIFE

it turns out that giving up is not loss.



LIFE

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



LIFE

I'm turning my home into a nest.



LIFE

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



LIFE

I use my creativity to overcome my current challenges.



LIFE

I appreciate and respect myself just as I am.



LIFE

I'll master this crises with head and heart.



LIFE

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



LIFE

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



LIFE

the grass continues to quietly grow.



LIFE

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



LIFE



LIFE



LIFE



LIFE



LIFE