

Sabine Ebersberger / Michael Bohne

## 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](http://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

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

INSIDE

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

INSIDE

Even though  
one can't go  
outside anymore,

INSIDE

Even though I feel  
like the walls  
are closing in,

INSIDE

Even though I  
worry about myself  
and my loved ones,

INSIDE

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

INSIDE

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

INSIDE

Even though I am  
worried about my  
livelihood,

INSIDE

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

INSIDE

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

INSIDE

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

INSIDE

Even though I miss my work and my colleagues,

INSIDE

Even though all this is overwhelming for me,

INSIDE

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

INSIDE

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

INSIDE

Even though I feel locked up,

INSIDE

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,



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



Even though the  
media reports  
contribute to fear  
and panic,



Even though the  
mood at home is  
tense at times,



Even though the  
current situation  
has undermined  
all my plans,



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



Even though ...



Even though ...



Even though ...



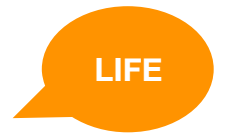
Even though ...



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



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



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



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



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



I find a reason to be grateful everyday.



I take on the challenges with strength and confidence.



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



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



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



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



it proves once again how chocolate helps me get through.



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.



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.

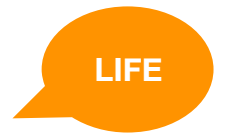




I ask myself what's really important.



I learn how to come to terms with my fears.



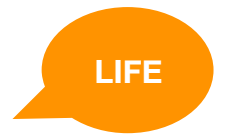
I give myself more room for reflection and contemplation.



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



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



I give every day it's own structure.



whining is no solution.



no one can take away my optimism.



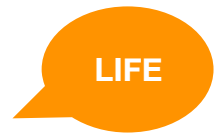
I realize that laughter and humour give me a feeling of liberation.



at least I have  
my home office.



I'll transform my  
fear into lightness  
of being.



it turns out  
that giving up  
is not loss.



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



I'm turning my  
home into a nest.



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



I use my creativity to  
overcome my  
current challenges.



I appreciate and  
respect myself  
just as I am.



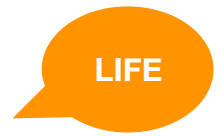
I'll master this  
crises with head  
and heart.



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



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



the grass continues to quietly grow.



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

