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Affirmations For High Self-Esteem And Self-ConfidenceI
Deserve All That Is Good. I Release Any Need For
Misery And Suffering. I Release The Need To Prove
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That Way. I Am Solution Minded. Any Problem That
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esteemEsteem. By Becoming Aware Of How Self-talk
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being, Students May Begin To Monitor Their Own Use
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And ...12. My Negative Self-beliefs Trigger Negative

Thoughts That Go Through My Mind Each And Every

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