Live in Reality

• Face things as they are
• Speak the truth to self and others
• Limit compulsion to escape, numb, or deny

Self Management

• Live authentically
• Able to self-soothe and self-validate
• Build esteem for yourself

Normal Anxiety of Living

• Look for resources
• Get support
• Develop healthy and sustainable coping skills

TRUTH CYCLE

© Elsbeth Martindale, Psy.D., 2015