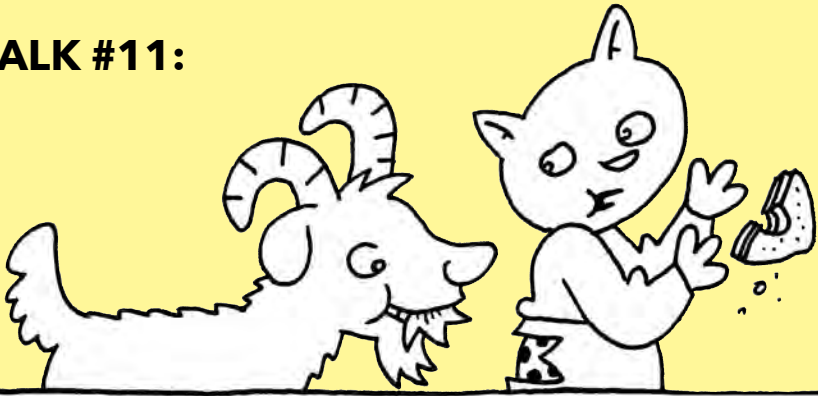


PET TALK #11:



Sometimes when you are frightened, you need to make a special effort to talk yourself "down" from escalating tension to a safer place. That is, you need to take yourself by the hand as you would a little child, catch your breath and tell yourself that you will be all right. By mastering your fear, you master yourself.

Someone once told me to first ask myself whether what it is I am worried about is life threatening. This is like taking a reality check. Most things we fear or worry about are not endangering our lives and can be resolved in time with careful thought. We must try to keep perspective and a cool head.

**Words, poems and books that give me
comfort and courage:**

TYPE HERE
