My DIMs and SIMs			My Protectometer
DIMs Danger in Me		SIMs Safety in Me	Remember:
	Things I hear, see, smell, taste &	·	Anything that makes you feel:
	touch		√Safer
	Things I do		✓ Stronger ✓ Better ✓ Healthier ✓ More confident Will help your pain level go down and improve your quality of life
	Things I say		
	Things I think & believe		
	Places I go		
	People in my life		
	Things happening in my body		

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