



My DIMs and SIMs			My Protectometer
DIMs Danger in Me		SIMs Safety in Me	<p>Remember: Anything that makes you feel:</p> <ul style="list-style-type: none"> ✓ Safer ✓ Stronger ✓ Better ✓ Healthier ✓ More confident <p>Will help your pain level go down and improve your quality of life</p> 
	Things I hear, see, smell, taste & touch		
	Things I do		
	Things I say		
	Things I think & believe		
	Places I go		
	People in my life		
	Things happening in my body		

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