

# SUMO

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**MASTERING CHALLENGES ... SKILLS FOR LIFE !™**

## **I'M OK**

**I'm OK, and I'm not OK. I'm still the person I was before this event, with all my strengths and qualities. But I'm also hurting from what's happened. However, these feelings are temporary and they do not define me. Neither will this event determine my future – my response to what's happened will be the determining factor.**

**I allow myself to feel low, to feel angry and to feel pain. That is a healthy and normal response. But I will not remain feeling low, angry and in pain. This is temporary. It's part of my journey. It's not my destination.**

**I will pull through – if I choose to. And that's what I choose to do.**

**Because deep down, at the centre of who I am, I know I'm still OK.**

**Paul McGee**