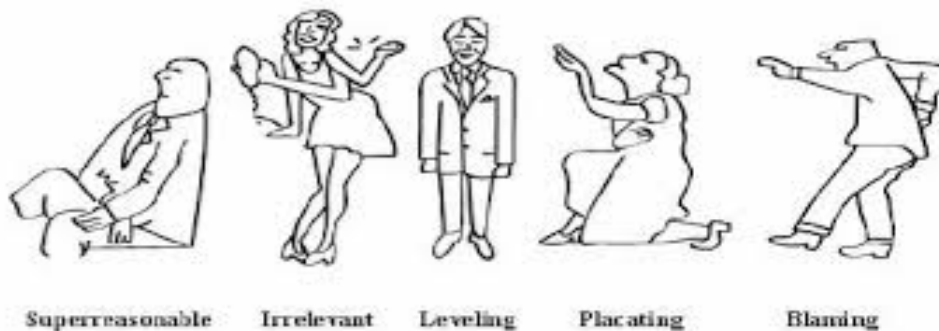
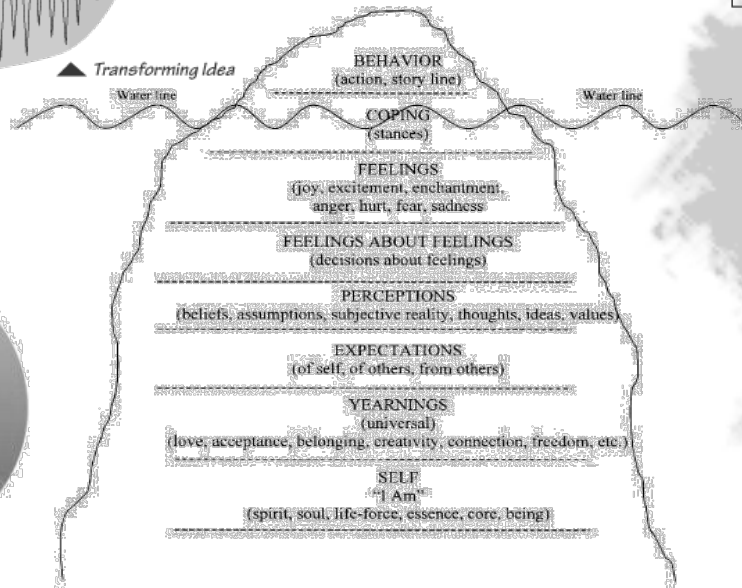
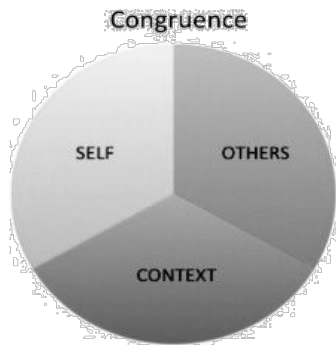
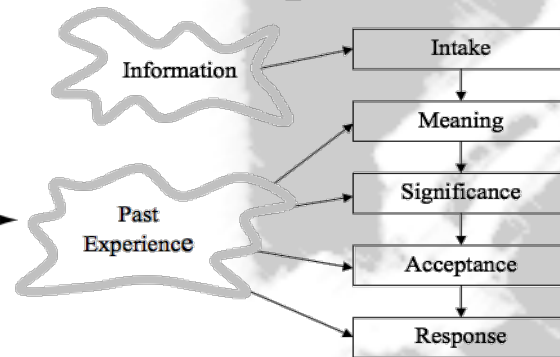
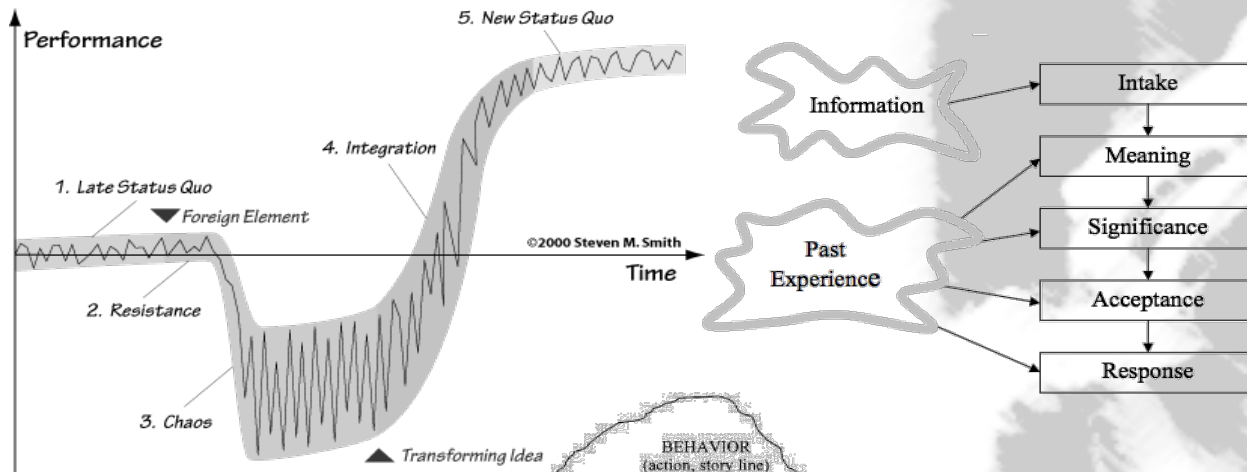


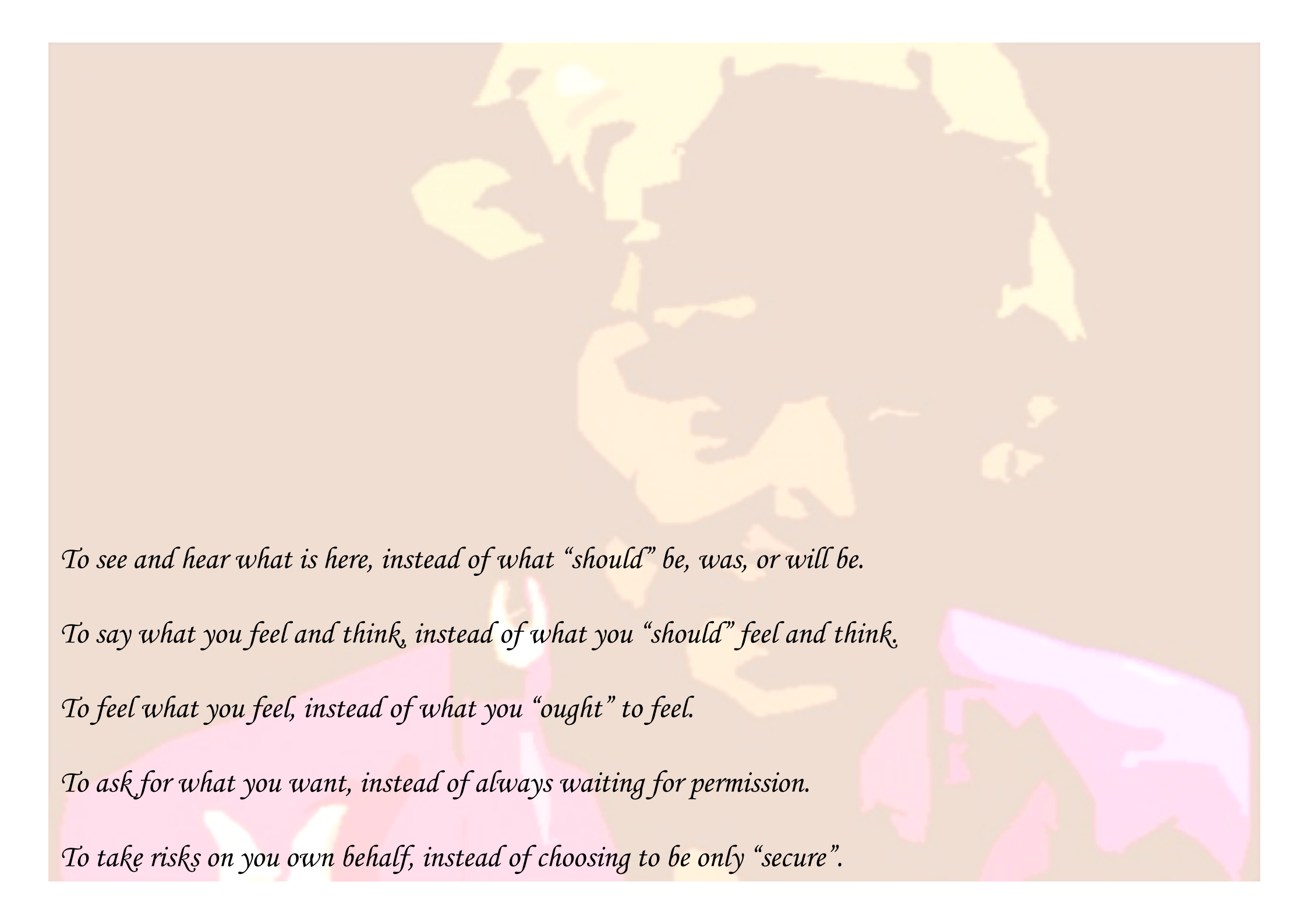
# Satir Self Esteem Toolkit

**“Problems are not the problem  
—  
coping is the problem”**

 **Inceptive**

# Virginia Satir





*To see and hear what is here, instead of what “should” be, was, or will be.*

*To say what you feel and think, instead of what you “should” feel and think,*

*To feel what you feel, instead of what you “ought” to feel.*

*To ask for what you want, instead of always waiting for permission.*

*To take risks on you own behalf, instead of choosing to be only “secure”.*

# Wishing Wand



# Detective Hat



# Courage Stick



# Golden Key



# Yes/No Medallion

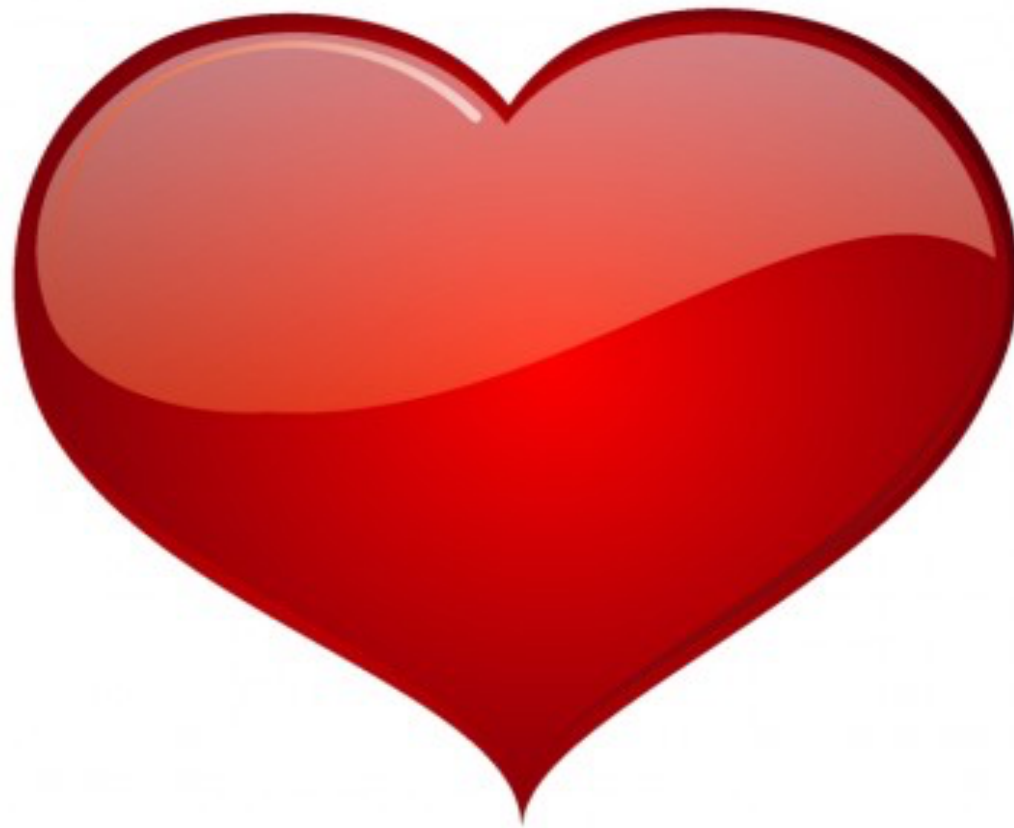




# Wisdom Box



# Heart



# Let's try it

- **Wisdom box** – Knowing what is right for me
- **Golden key** – Curiosity about new possibilities
- **Courage stick** – Empowerment to take action
- **Wishing wand** – Asking for what I want
- **Detective hat** – Investigating without judging
- **Yes/No medallion** – Choices along my needs
- **Heart** – Intelligent love and compassion





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