Speaking kindly to myself
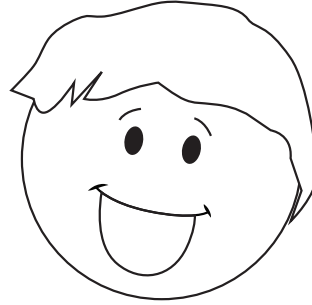
I am kind
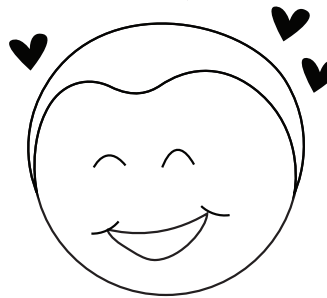
I am helpful

I am friendly

I am caring

I am ....

Draw yourself...