

Adaptive Coping Whispers!!!

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| X | T | L | U | G | S | S | E | C | M | E | I | G | R |
| A | S | T | C | R | R | T | F | G | I | E | E | R | R |
| I | U | E | D | N | T | P | T | T | N | V | T | A | E |
| D | P | U | E | M | E | E | G | H | D | A | T | T | C |
| H | P | C | P | R | L | D | T | E | F | D | P | I | N |
| E | O | E | R | A | C | G | O | F | U | A | R | T | A |
| P | R | B | E | E | N | A | D | L | L | P | N | U | T |
| V | T | R | T | E | L | I | D | E | N | T | L | D | P |
| R | C | D | R | N | C | A | N | X | E | P | E | E | E |
| N | A | T | E | U | P | C | X | I | S | X | P | B | C |
| B | S | T | R | U | S | L | R | B | S | T | E | H | C |
| I | T | E | X | T | L | O | R | L | P | N | P | B | A |
| P | E | T | N | U | S | D | U | E | V | I | R | H | T |
| M | I | T | H | O | V | E | R | C | O | M | E | I | T |

RELAX
SUPPORT
THRIVE
STRENGTH
MINDFULNESS
ACCEPTANCE
GRATITUDE
ADAPT
FLEXIBLE
OVERCOME

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