



**RECOGNIZE
AND ACT**

THINKING

**"It is okay to feel
scared"**



**RECOGNIZE
AND ACT**

THINKING

"This isn't among
my work duties"



**RECOGNIZE
AND ACT**

THINKING

"I have a right to be
treated with respect"



**RECOGNIZE
AND ACT**

THINKING

"This is not my fault"



**RECOGNIZE
AND ACT**

THINKING

"I am not alone in this"



**RECOGNIZE
AND ACT**

THINKING

"I can find help"



**RECOGNIZE
AND ACT**

THINKING

**"My colleagues will
help me with this"**



**RECOGNIZE
AND ACT**

THINKING

**"The security will come
to help"**



**RECOGNIZE
AND ACT**

THINKING

"This might be a
misunderstanding"



**RECOGNIZE
AND ACT**

THINKING

"It wasn't on purpose"



**RECOGNIZE
AND ACT**

THINKING

"Could I have
misinterpreted
the situation?"



**RECOGNIZE
AND ACT**

THINKING

"Did I rush to
conclusion?"



**RECOGNIZE
AND ACT**

THINKING

"I will first calm down
and then analyze
the situation"



**RECOGNIZE
AND ACT**

THINKING

**"I will go to my safe
place"**



**RECOGNIZE
AND ACT**

THINKING

**"What are the reasons
this happened?"**



**RECOGNIZE
AND ACT**

THINKING

"How can I make sure
it doesn't happen
again?"



**RECOGNIZE
AND ACT**

THINKING

"It could have
happened to anyone,
it is not my fault"



**RECOGNIZE
AND ACT**

THINKING

"What would the
manager do in this
situation?"



**RECOGNIZE
AND ACT**

THINKING

**"I will not be afraid
to speak my mind"**



**RECOGNIZE
AND ACT**

THINKING

**"It takes courage to
stand up for myself"**



**RECOGNIZE
AND ACT**

THINKING

"Can I change this situation, or do I need to seek help?"



**RECOGNIZE
AND ACT**

THINKING

"When the shift will
end, I will have a
proper rest"



**RECOGNIZE
AND ACT**

THINKING

"I will take a few
days off"



**RECOGNIZE
AND ACT**

THINKING

**"I will discuss this with
the supervisor"**



**RECOGNIZE
AND ACT**

THINKING

**"I will advocate for
change in the work
culture"**



**RECOGNIZE
AND ACT**

THINKING

**"I will make sure we
change the rules"**



**RECOGNIZE
AND ACT**

THINKING

"Maybe they had
a bad day"



**RECOGNIZE
AND ACT**

THINKING

"I am overreacting
to this"



**RECOGNIZE
AND ACT**

THINKING

"I react this way
because I am tired"



**RECOGNIZE
AND ACT**

THINKING

"I will analyze this later,
now I have to deal
with the situation"



**RECOGNIZE
AND ACT**

THINKING

"I will not stay silent"



**RECOGNIZE
AND ACT**

THINKING

"How would I act if
it happened to
someone else?"



**RECOGNIZE
AND ACT**

THINKING

"I will treat myself with
the same empathy
and respect as I
would treat others in
my situation"



**RECOGNIZE
AND ACT**

THINKING

**"I deserve better work
environment"**



**RECOGNIZE
AND ACT**

THINKING

"Is this situation happening because of the work organization in my company?"



**RECOGNIZE
AND ACT**

THINKING

"I have a right to
be emotional"



**RECOGNIZE
AND ACT**

THINKING

"Being emotional
doesn't make me
weak, it means I am
strong enough to
allow myself to feel"



**RECOGNIZE
AND ACT**

THINKING

"I will share my
experience with
colleagues so they
know how to deal with
a similar situation"



**RECOGNIZE
AND ACT**

THINKING

"This isn't just
in my head"



**RECOGNIZE
AND ACT**

THINKING

"I will use humour
to respond"



**RECOGNIZE
AND ACT**

THINKING

"I am free to choose
a place where my
rights are respected"



**RECOGNIZE
AND ACT**

THINKING

**"If things don't change,
I will leave"**



**RECOGNIZE
AND ACT**

THINKING

**"I don't have to be
alone in this"**



**RECOGNIZE
AND ACT**

THINKING

"Who could give me
an advice on this?"



**RECOGNIZE
AND ACT**

THINKING

"I am a living and
feeling being, it is
okay to be stressed"



**RECOGNIZE
AND ACT**

THINKING

"This is not among my
work responsibilities"



**RECOGNIZE
AND ACT**

THINKING

"I have survived abuse"



**RECOGNIZE
AND ACT**

THINKING

"I do not owe them
anything we haven't
explicitly discussed"



**RECOGNIZE
AND ACT**

THINKING

**"I will take a break and
sort out my feelings"**



**RECOGNIZE
AND ACT**

THINKING

"I feel like my
boundaries are being
overstepped"



**RECOGNIZE
AND ACT**



THINKING

"I am not responsible
for other people's
behavior"



**RECOGNIZE
AND ACT**

THINKING

"I don't have to laugh
about hurtful jokes"



**RECOGNIZE
AND ACT**

THINKING

**"I will be polite, but
I will not allow myself
to be belittled"**



**RECOGNIZE
AND ACT**

THINKING

"Placing an object on
is not rude"



**RECOGNIZE
AND ACT**

THINKING

**"It is okay to suggest
some improvements"**



**RECOGNIZE
AND ACT**

THINKING

"Changes in work environment will not just help me, but all my colleagues"



**RECOGNIZE
AND ACT**

THINKING

"I am ready to
advocate for myself"



**RECOGNIZE
AND ACT**

THINKING

"If I don't know how to react in a situation, I can always ask my supervisor"



**RECOGNIZE
AND ACT**

THINKING

"This is not the only
thing in my life"



**RECOGNIZE
AND ACT**

THINKING

"I will tell about this
in the next meeting"



**RECOGNIZE
AND ACT**

THINKING

"This is unlawful"