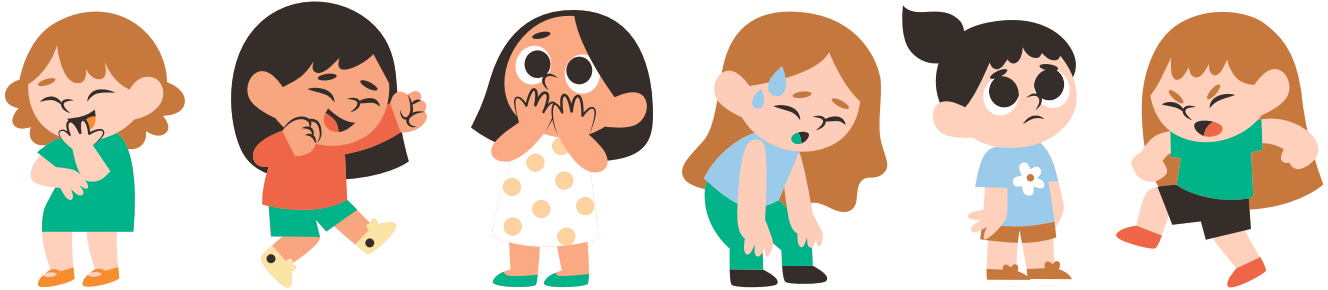


Feelings Check-In

Right now, I'm Feeling ...



I feel this way because ...

Something that might help is ...