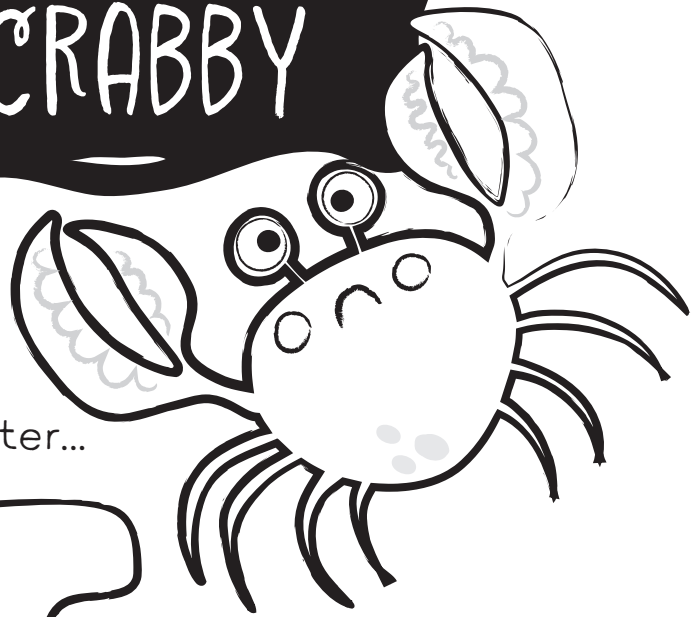


FEELING CRABBY

We all have things that feel... not so good to us. Knowing what they are can help us work out what we can do to feel better...



I DON'T LIKE...

BECAUSE OF IT I FEEL...

- WORRIED
- ANGRY
- SCARED
- SAD
- EMBARRASSED
- LONELY
- UNCOMFORTABLE
- SOMETHING ELSE...

SOME THINGS THAT HELP ME FEEL BETTER...

