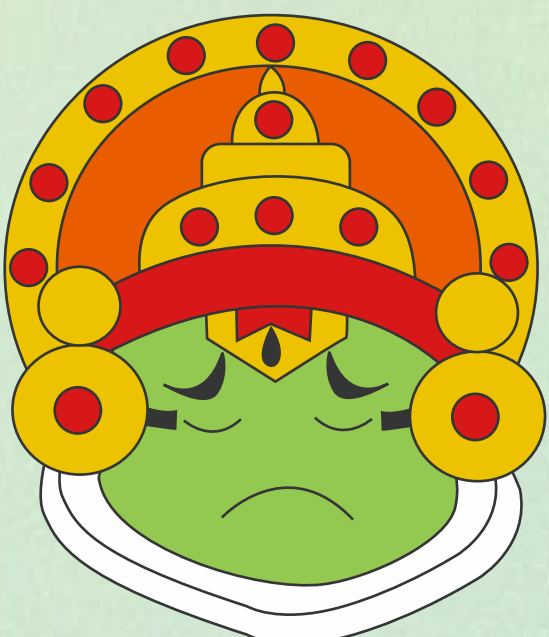


Feelings are my friends

Happy



Sad



Angry



Afraid



Shame



I listen to my feelings. They tell me what is safe and unsafe for me.

