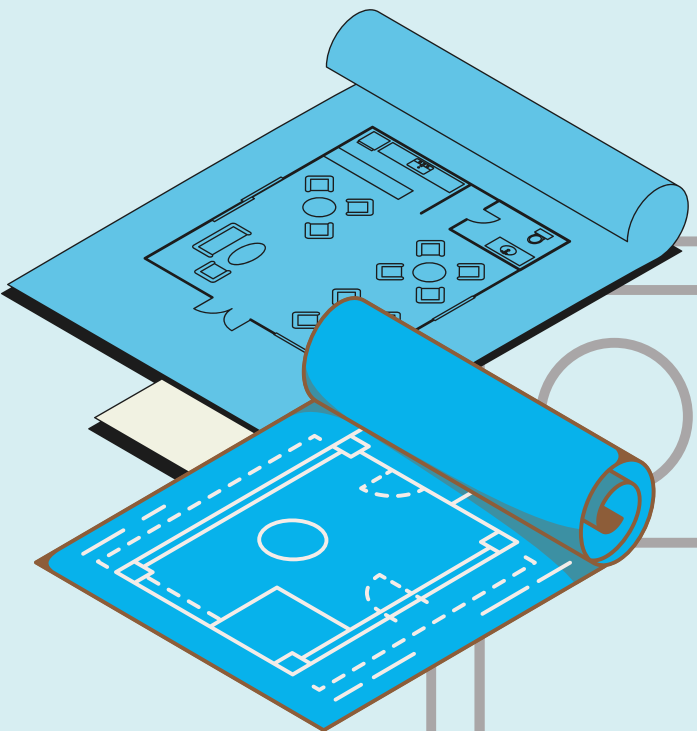


Therapy Blueprint



How I thought then ~

How the problem developed and what kept it going ~

What I did then~

How I think now~

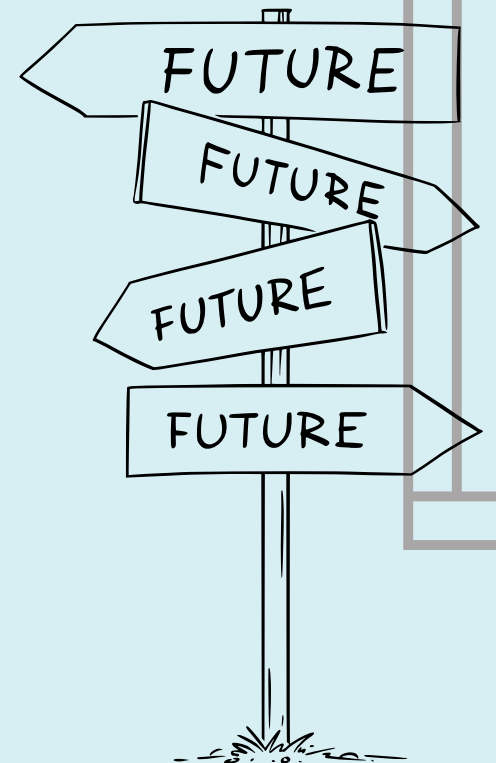
Strategies that help~

What I do now~

How far I have come~

Messages to myself~

Goals ~



YOU CAN DO IT

