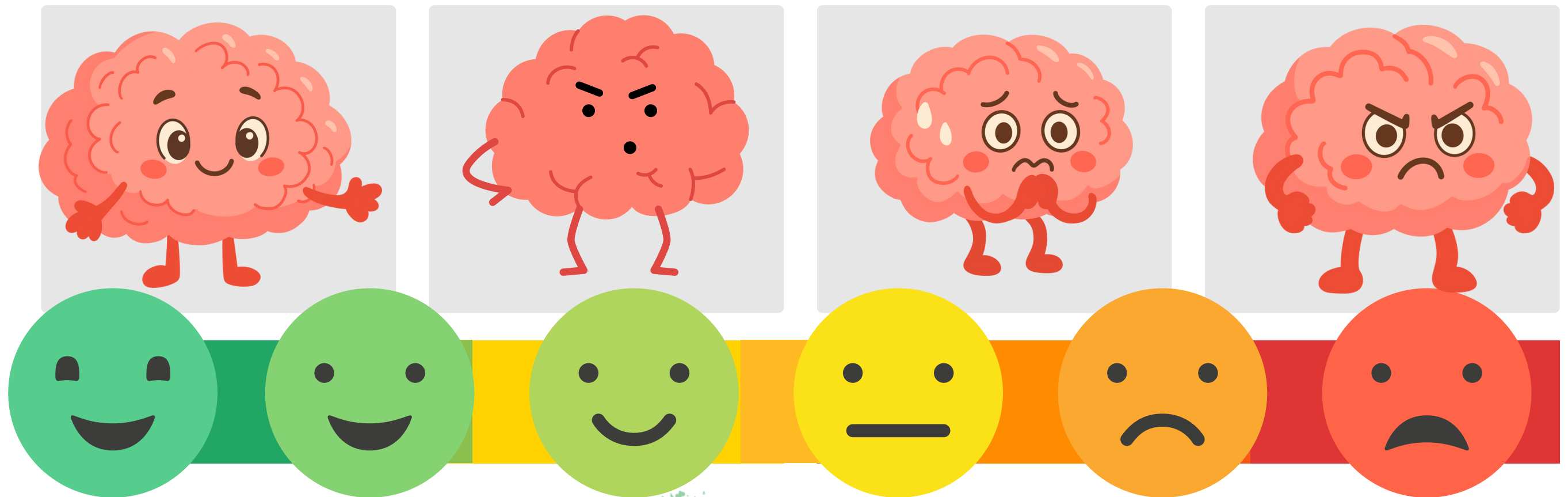


Dealing with Feelings

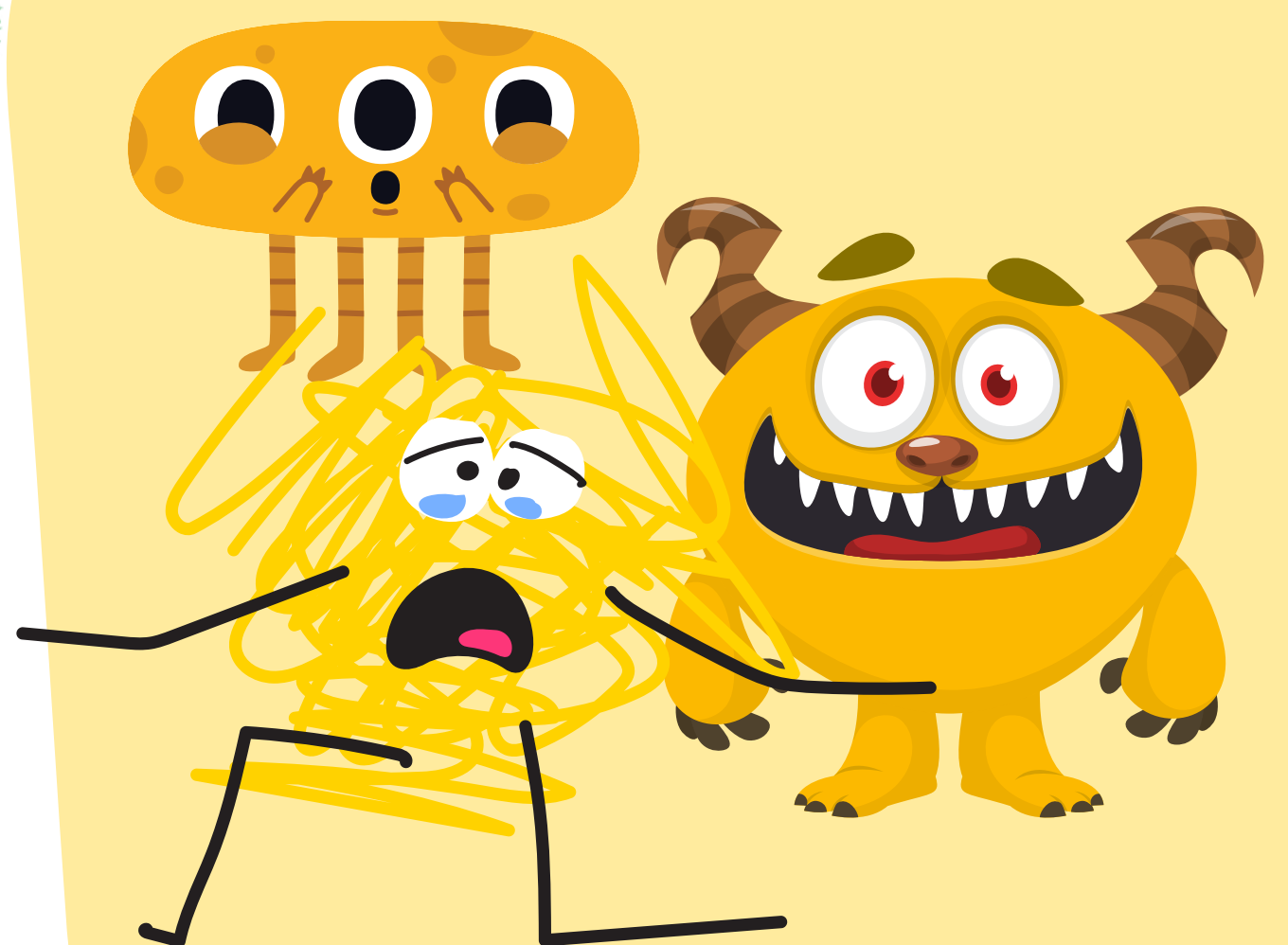
What ZONE are you in today?



Happy



Anxious



Sad



Angry

