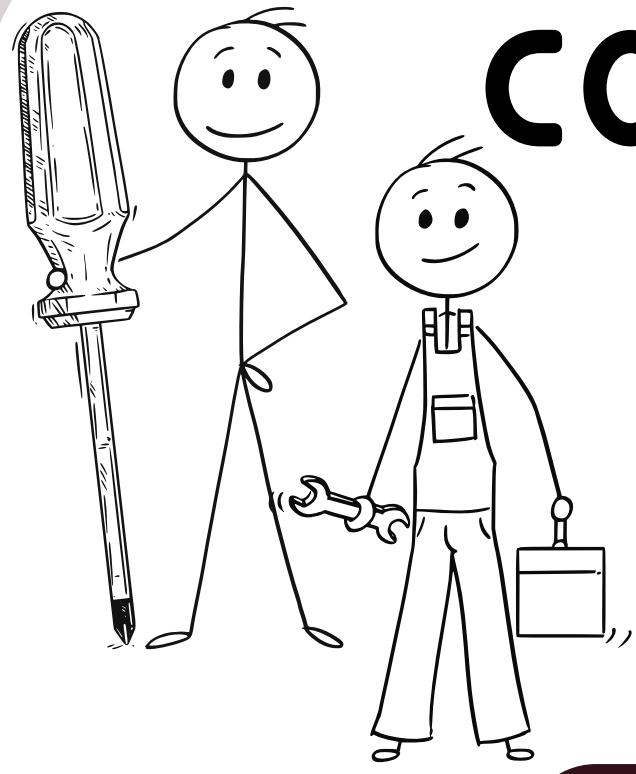




COPING SKILLS TOOLBOX

Write in the toolboxes the skills that work for you when you are in different zones

