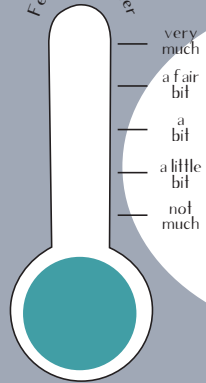


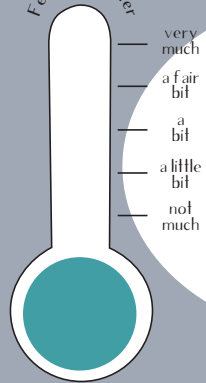
Three of my main feelings when I first started coming here....

# When I first started coming here...

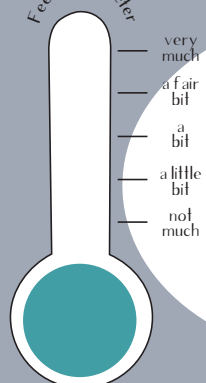
Feelings 'o' meter



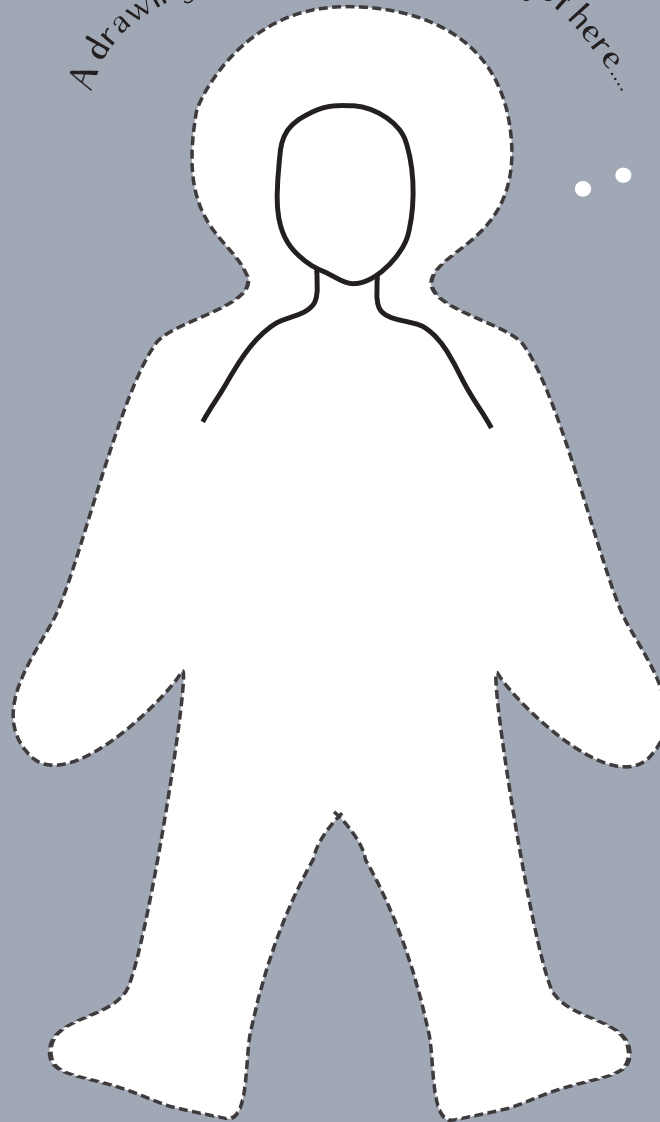
Feelings 'o' meter



Feelings 'o' meter



A drawing of myself when I first got here...

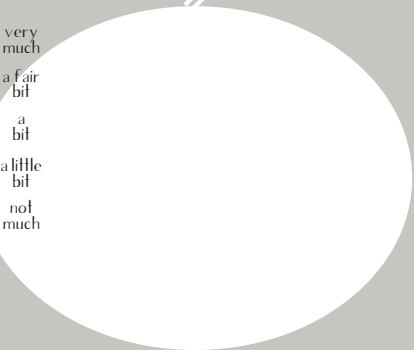
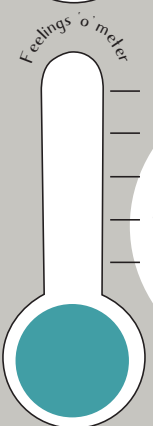
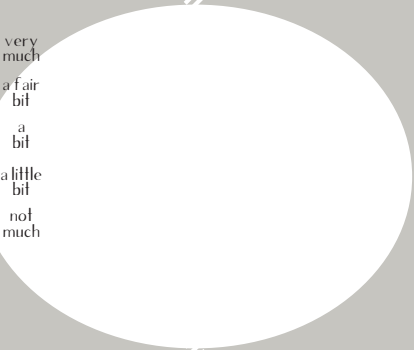
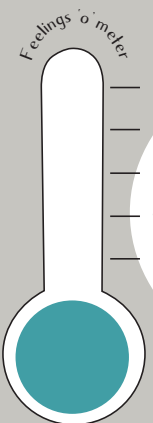
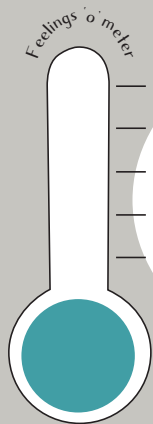


Some of the things I knew about myself when I first started coming here...



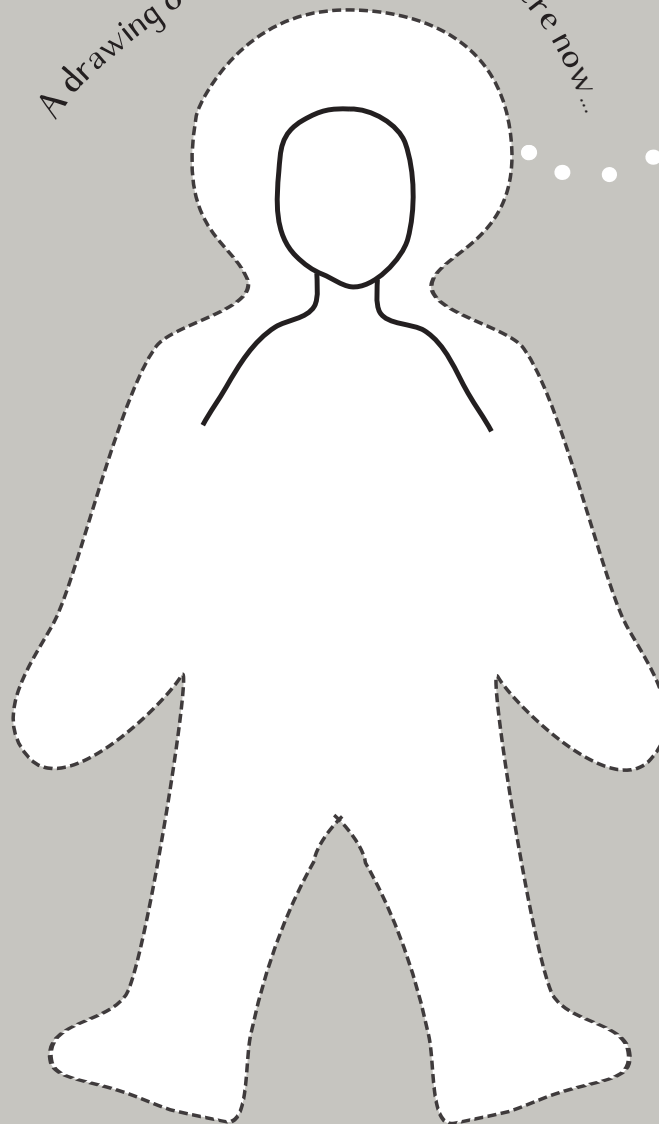
If my heart could have talked when I first started coming here it would have said...

Three of my main feelings when I come here now...

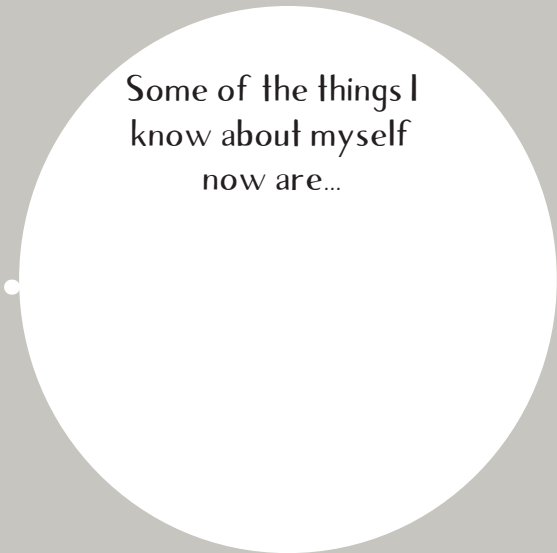


# Now when I come here...

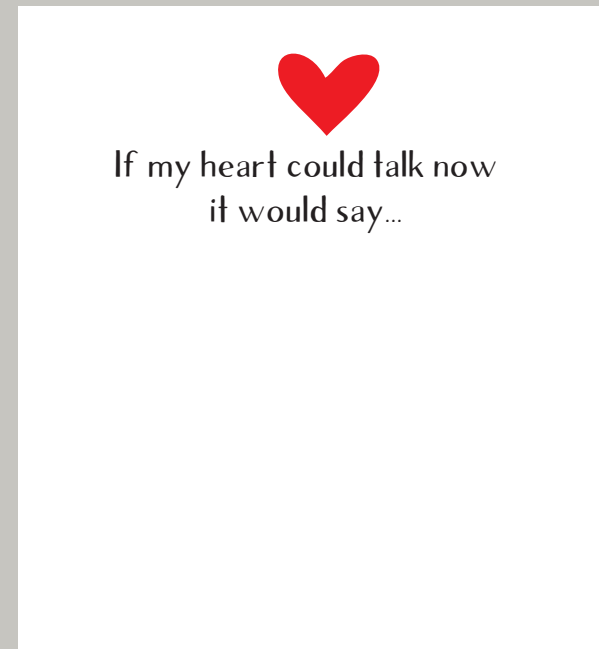
A drawing of myself when I come here now...



Some of the things I know about myself now are...

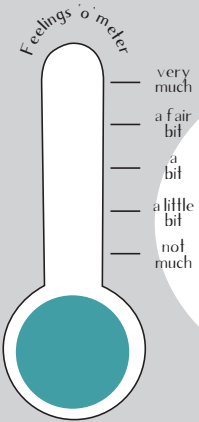


If my heart could talk now it would say...

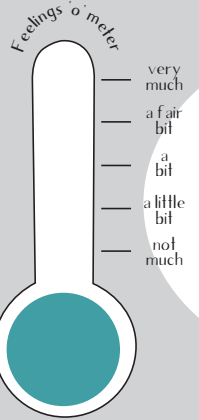


Why do I think my main feelings might have changed or stayed the same since I first started coming here?

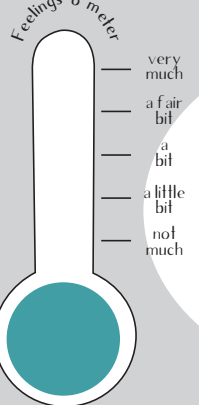
In one year three of my main feelings might be...



Blank oval space for writing a feeling.



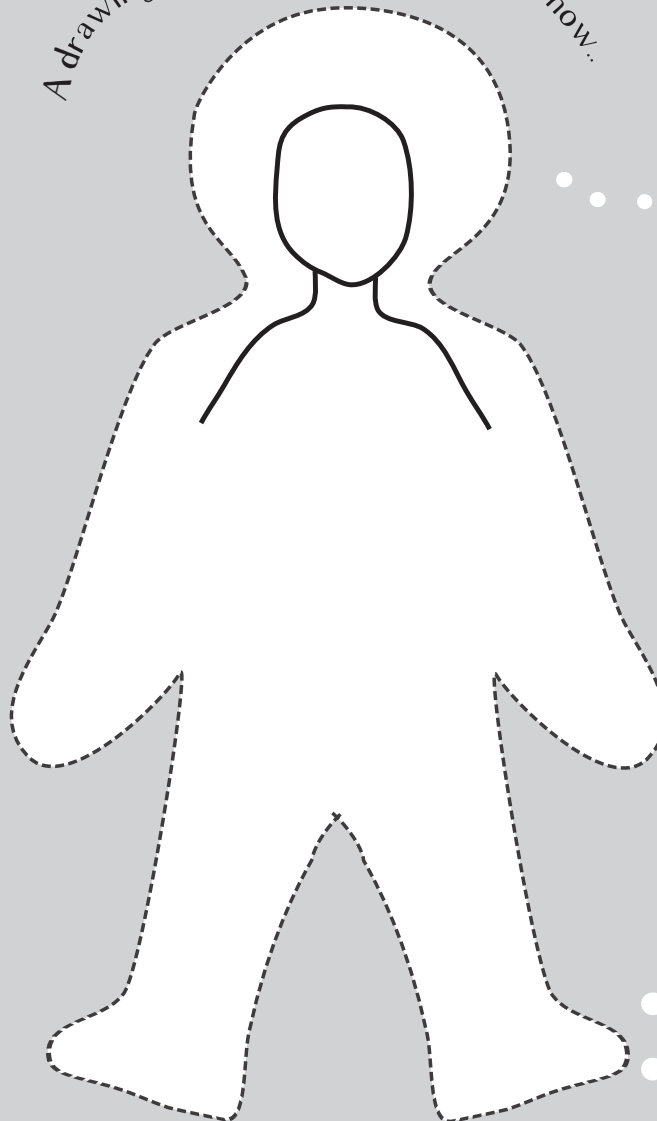
Blank oval space for writing a feeling.



Blank oval space for writing a feeling.

# Later (in one year)...

A drawing of myself in one year from now...



Some of the things I expect to know about myself in one year are...

If my heart could talk in one year from now it might say...

Why do I think my main feelings might have changed or stayed the same since a year ago?