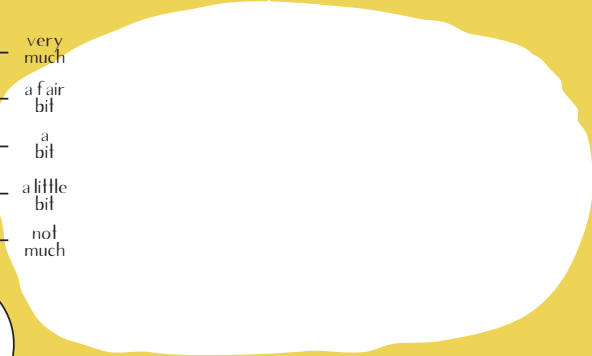
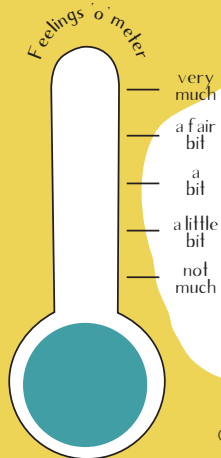
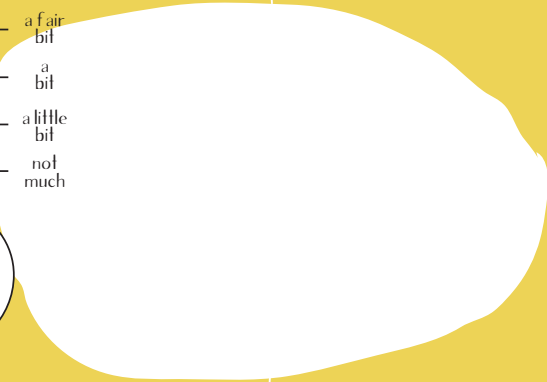
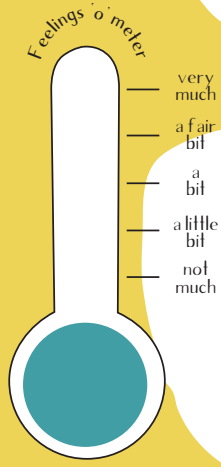
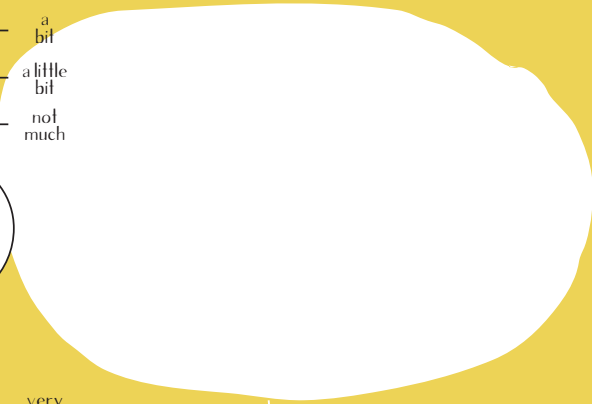
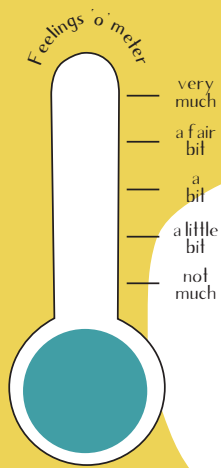
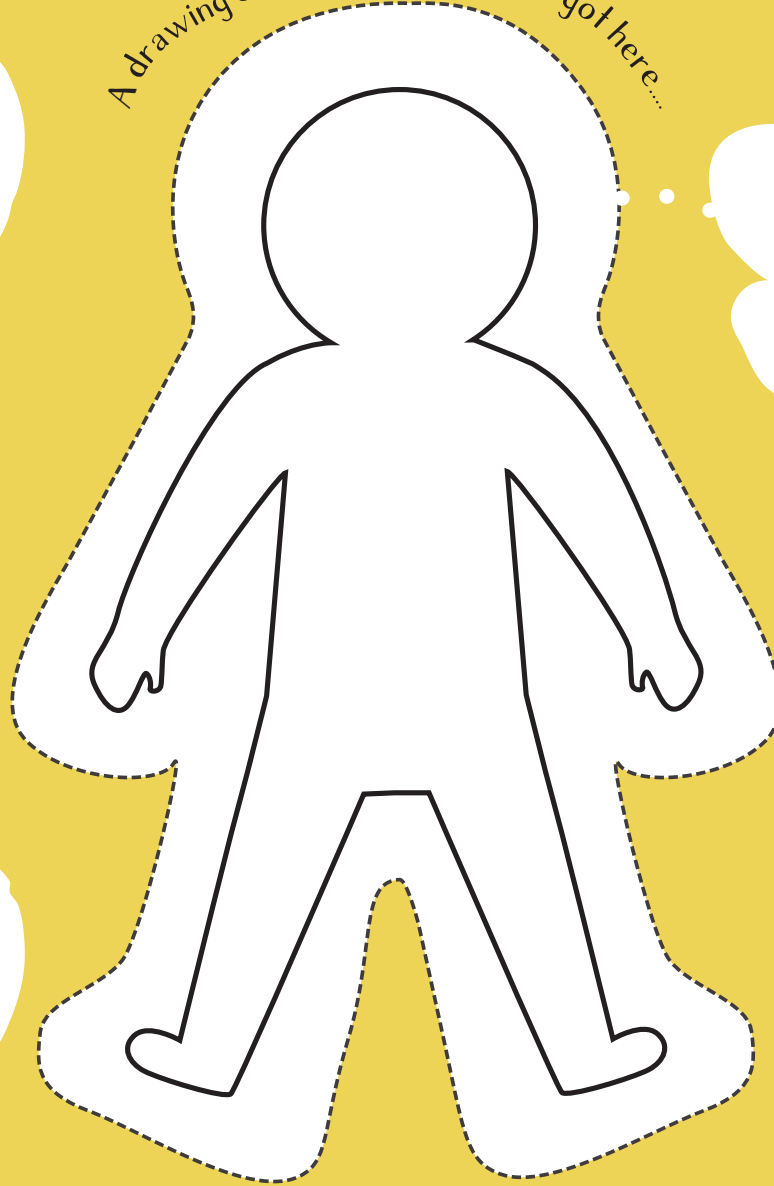


Three of my main feelings when I first started coming here....

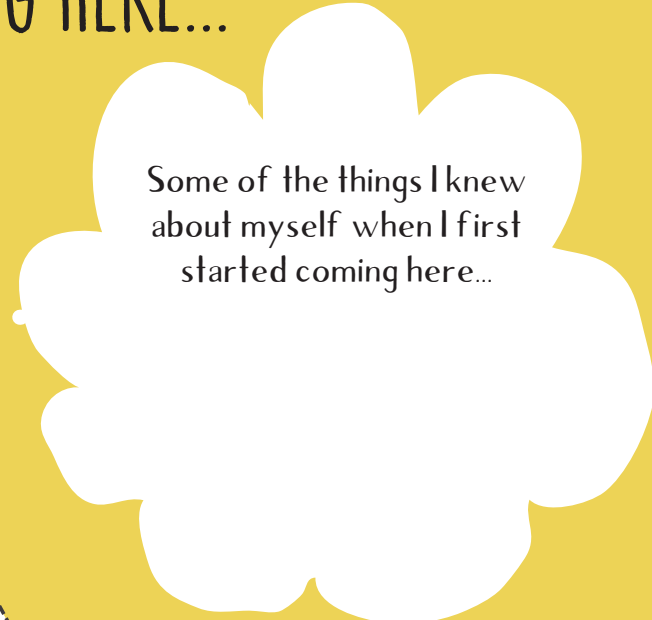
WHEN I FIRST STARTED COMING HERE...



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...



NOW WHEN I COME HERE...

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

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?

Feelings 'o' meter
— very much
— a fair bit
— a bit
— a little bit
— not much



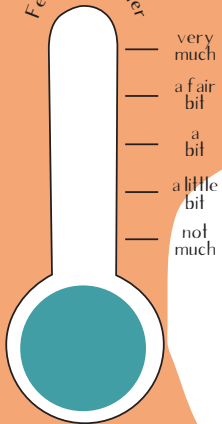
Feelings 'o' meter
— very much
— a fair bit
— a bit
— a little bit
— not much



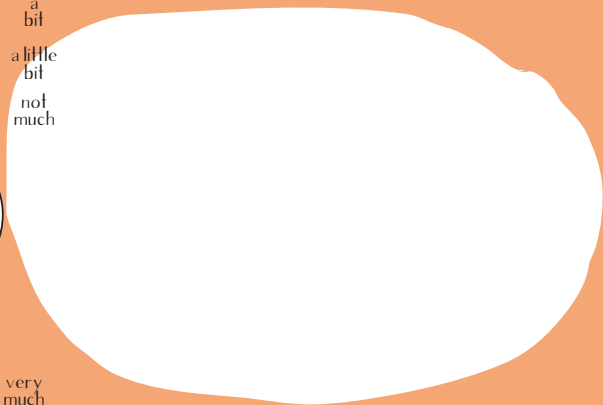
Feelings 'o' meter
— very much
— a fair bit
— a bit
— a little bit
— not much



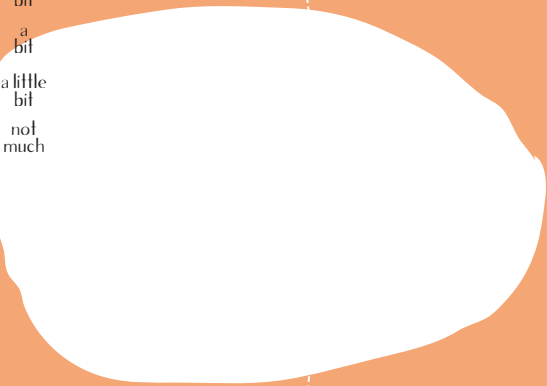
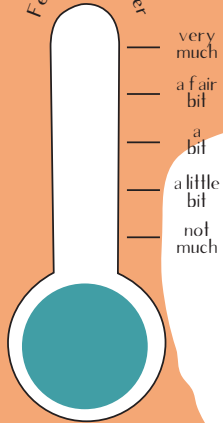
Feelings 'o' meter



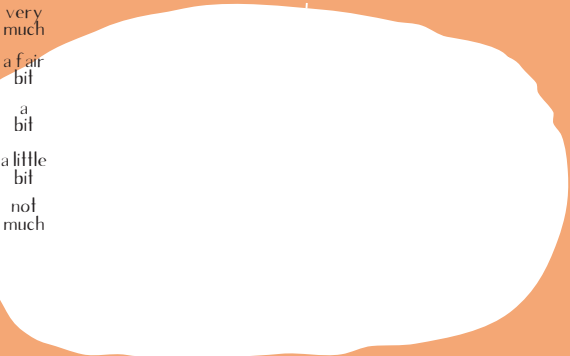
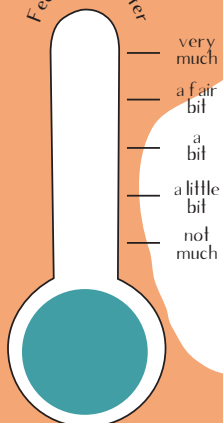
In one year three of my main feelings might be...



Feelings 'o' meter

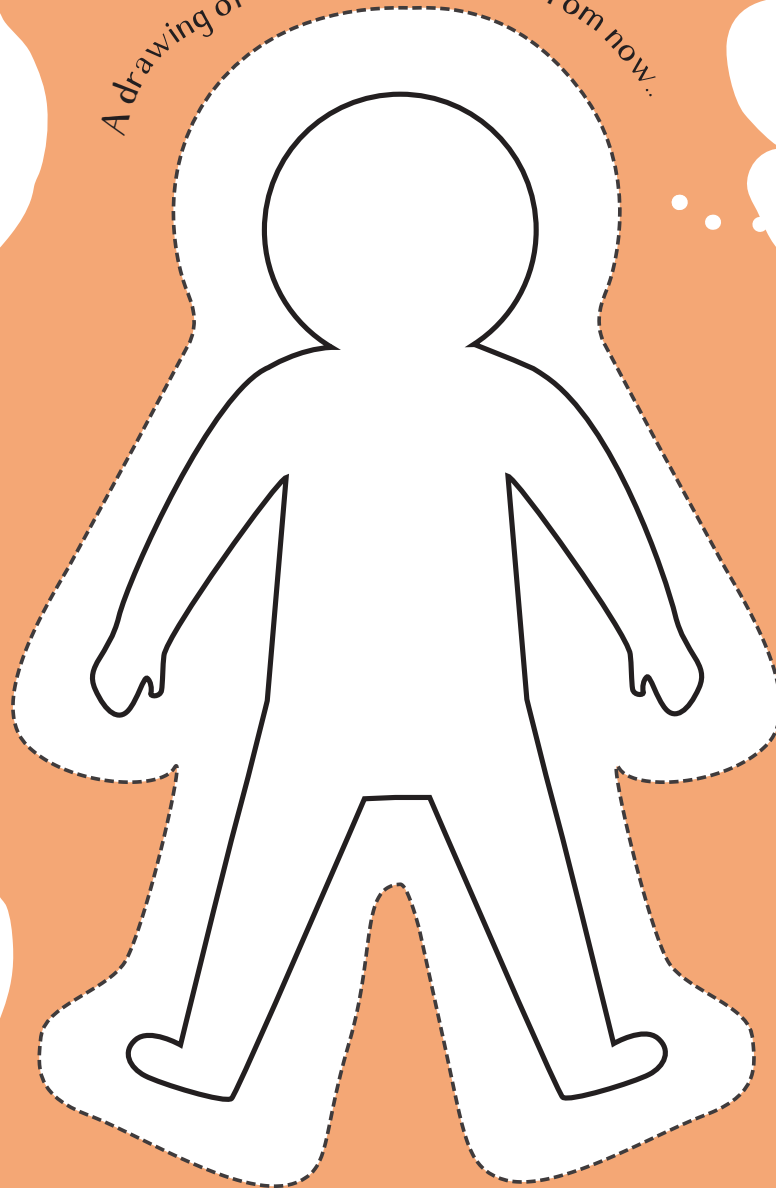


Feelings 'o' meter

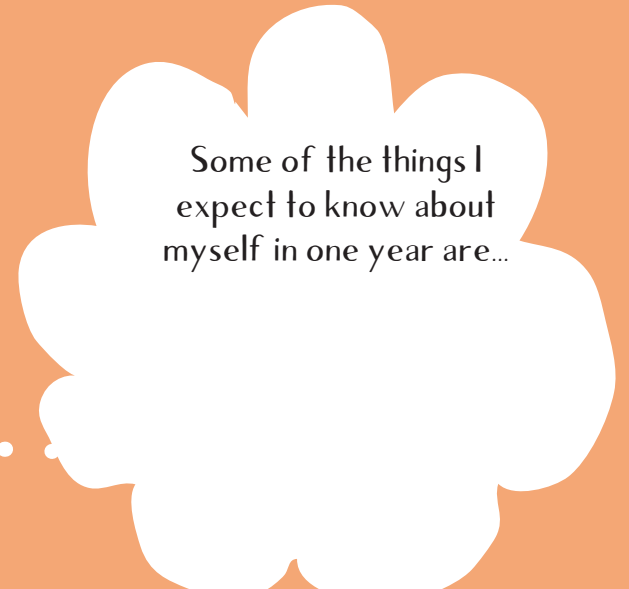


LATER (IN ONE YEAR)...

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?

