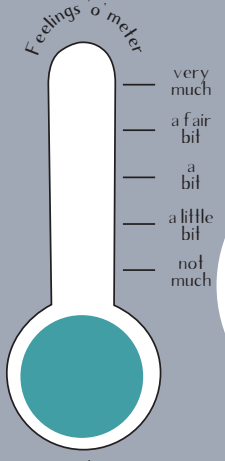
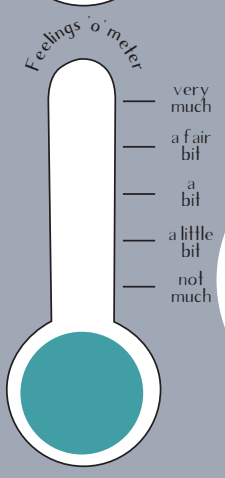
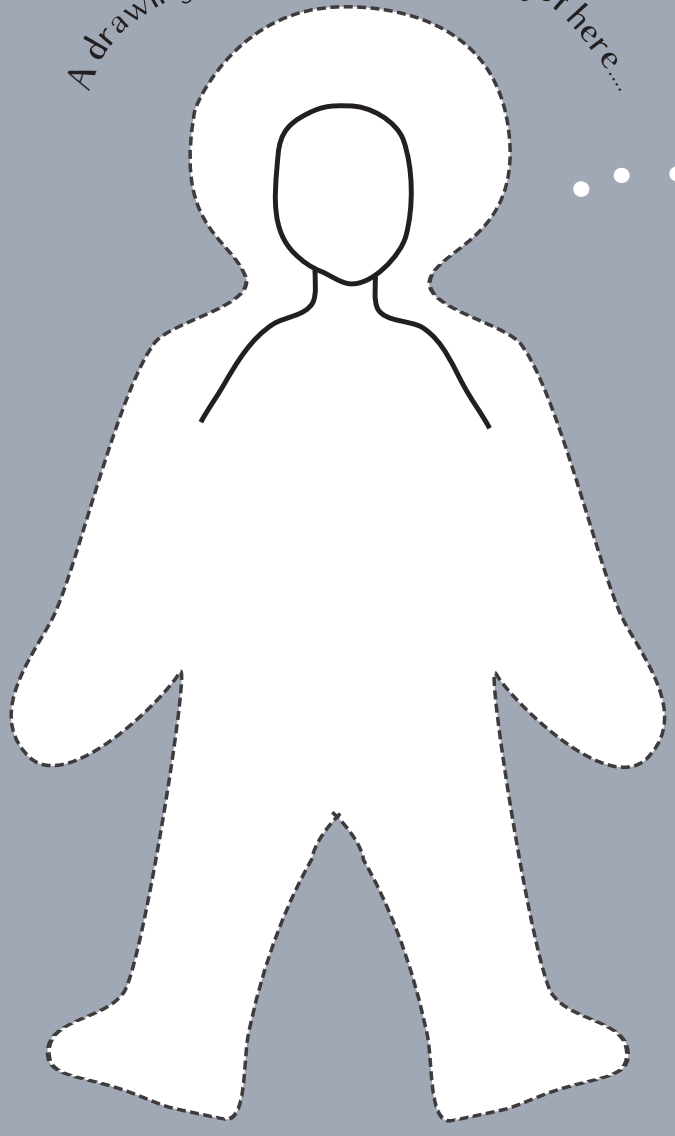


Three of my main feelings when I first started coming here...

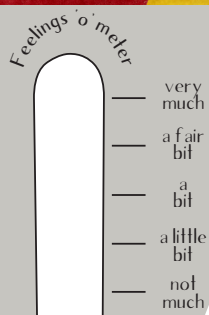
When I first started coming here...

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

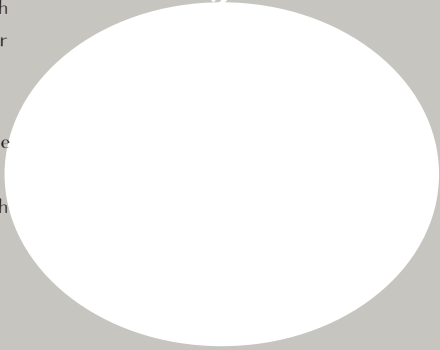
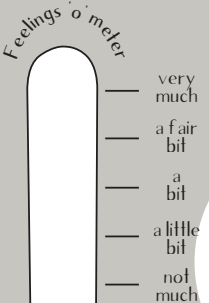
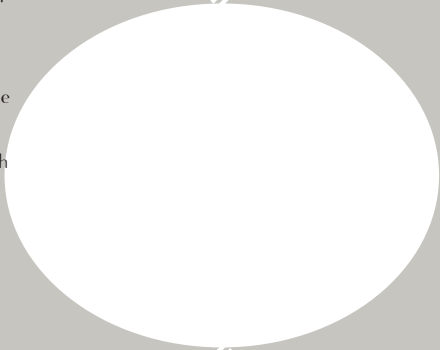
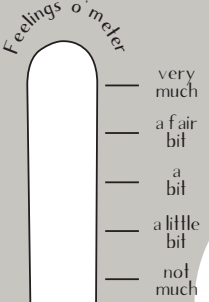
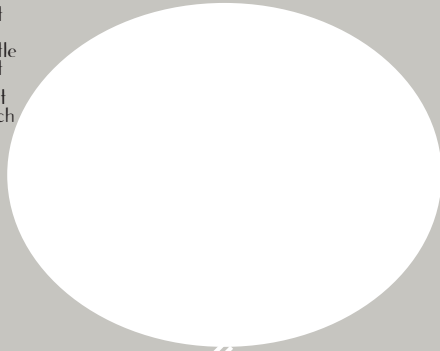


Some of the things I knew about myself when I first started coming here...

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

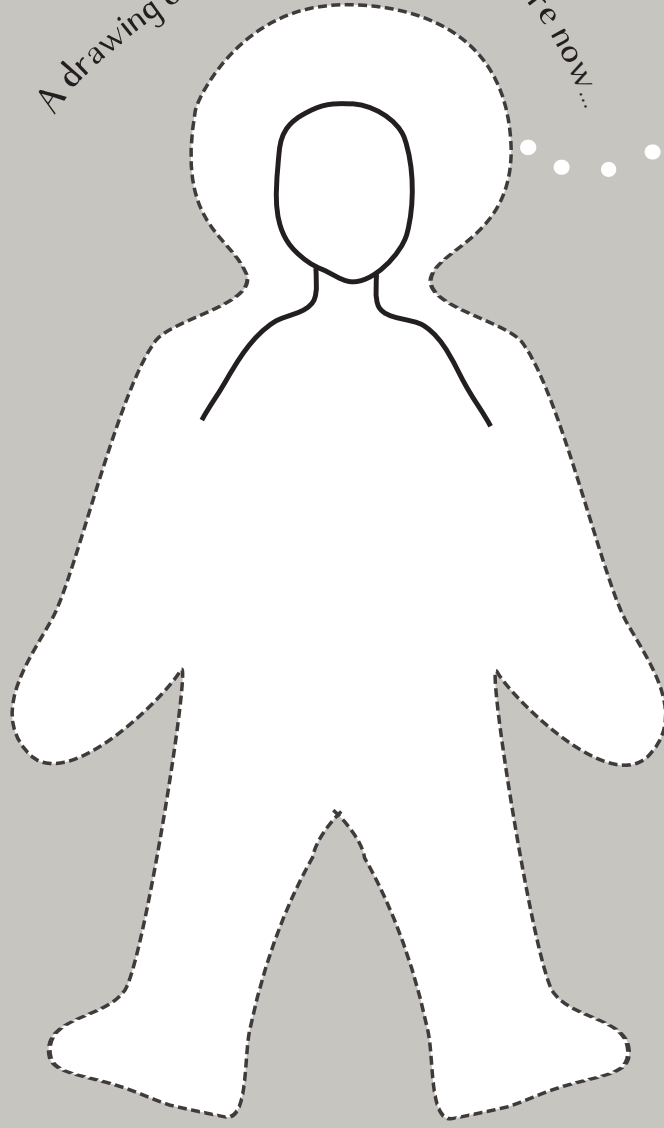


Three of my main feelings when I come here now...

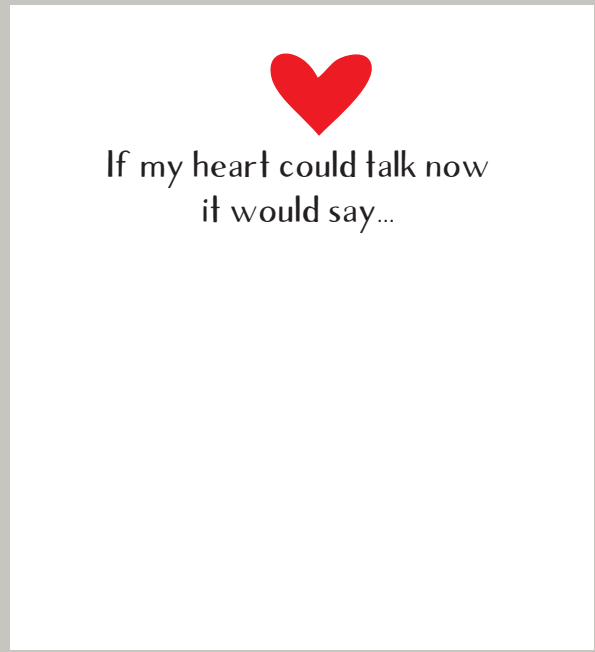


Now when I come here...

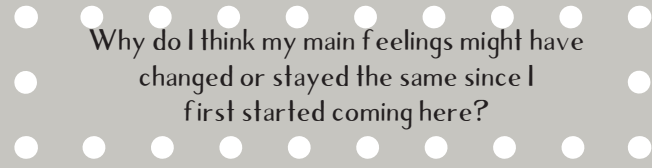
A drawing of myself when I come here now...



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?

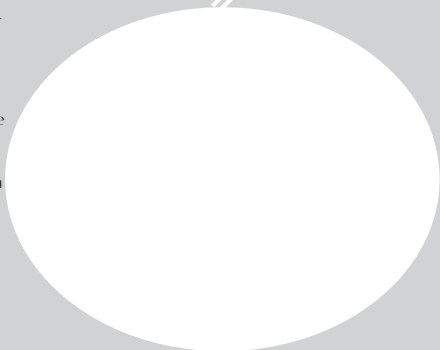
Feelings 'o' meter



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



Feelings 'o' meter

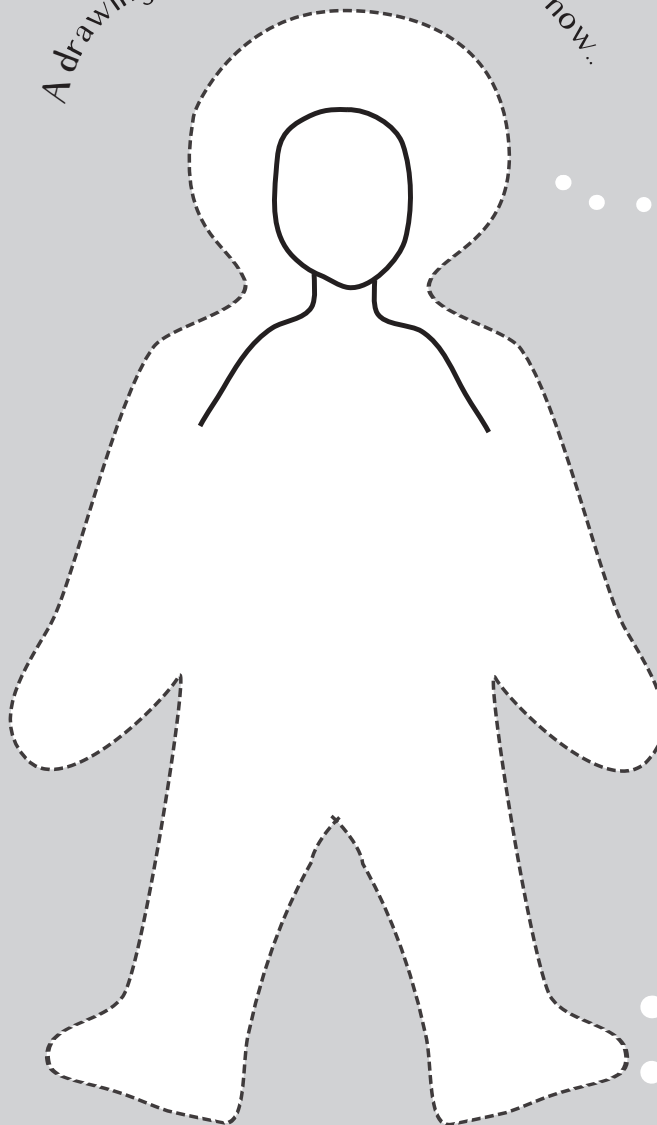


Feelings 'o' meter



Later (in one year)...

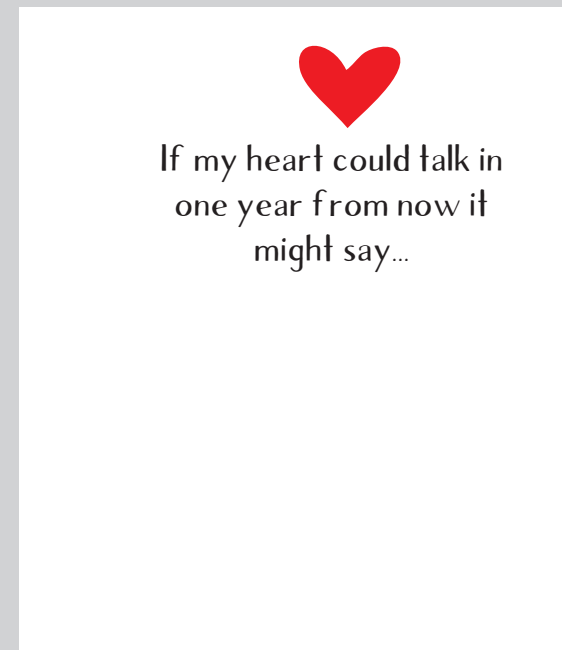
A drawing of myself in one year from now..



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?

