

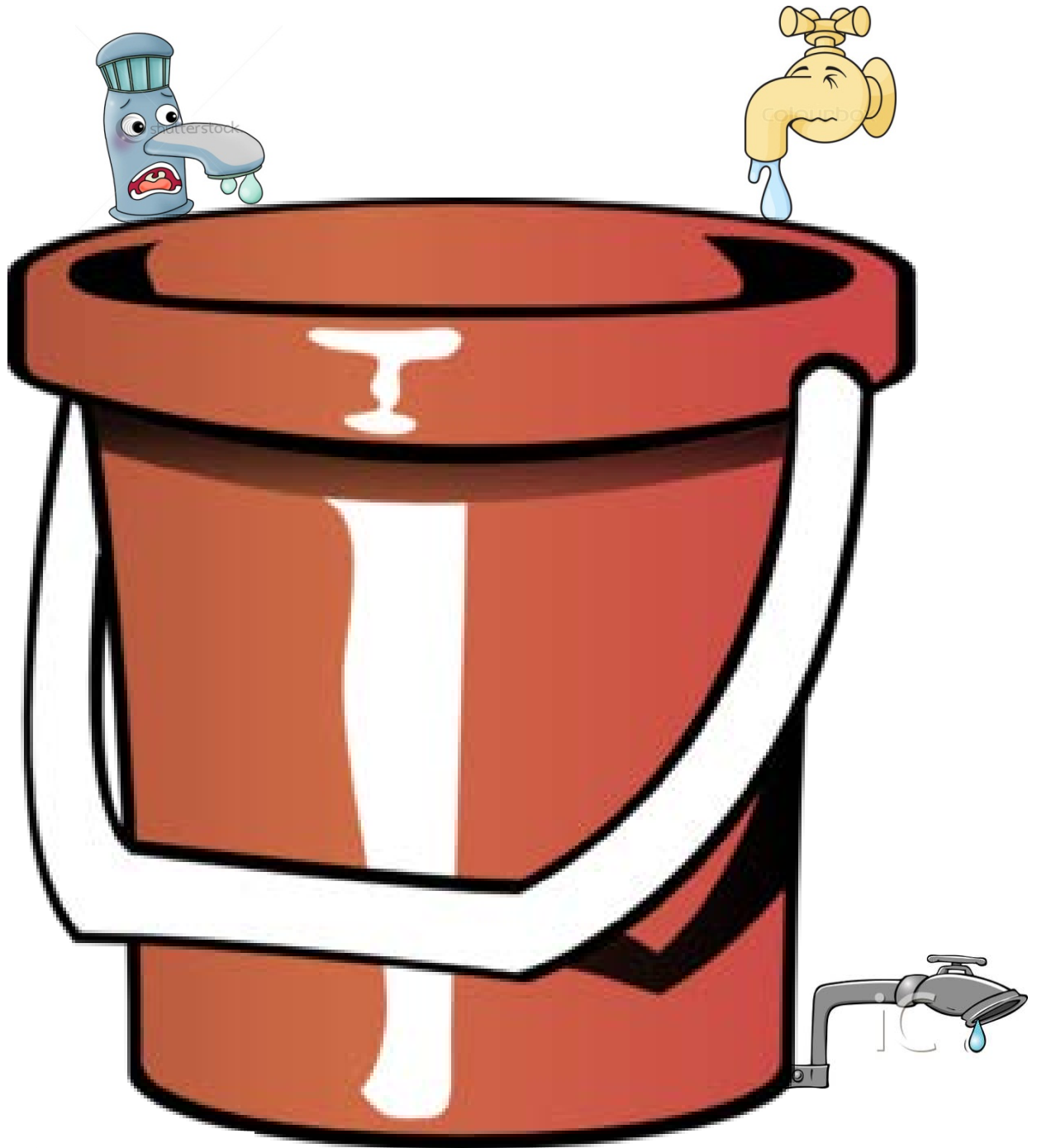
# Feelings Bucket

## Things I think about:

### Things that happen:

- 1)
- 2)
- 3)
- 4)

- 1)
- 2)
- 3)
- 4)



### What doesn't help:

- 1)
- 2)
- 3)
- 4)

### What Helps:

- 1)
- 2)
- 3)
- 4)