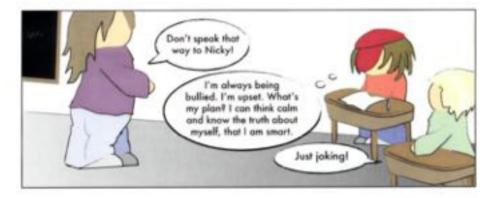
PUT DOWNS







Name the feeling

I'm feeling...

provoked

upset

insecure

hurt

other

Name the thinking

I'm thinking... I can think calm I know the truth about myself

Name the doing

I'm doing... positive thinking

Now I'm feeling confident. I defended myself.

