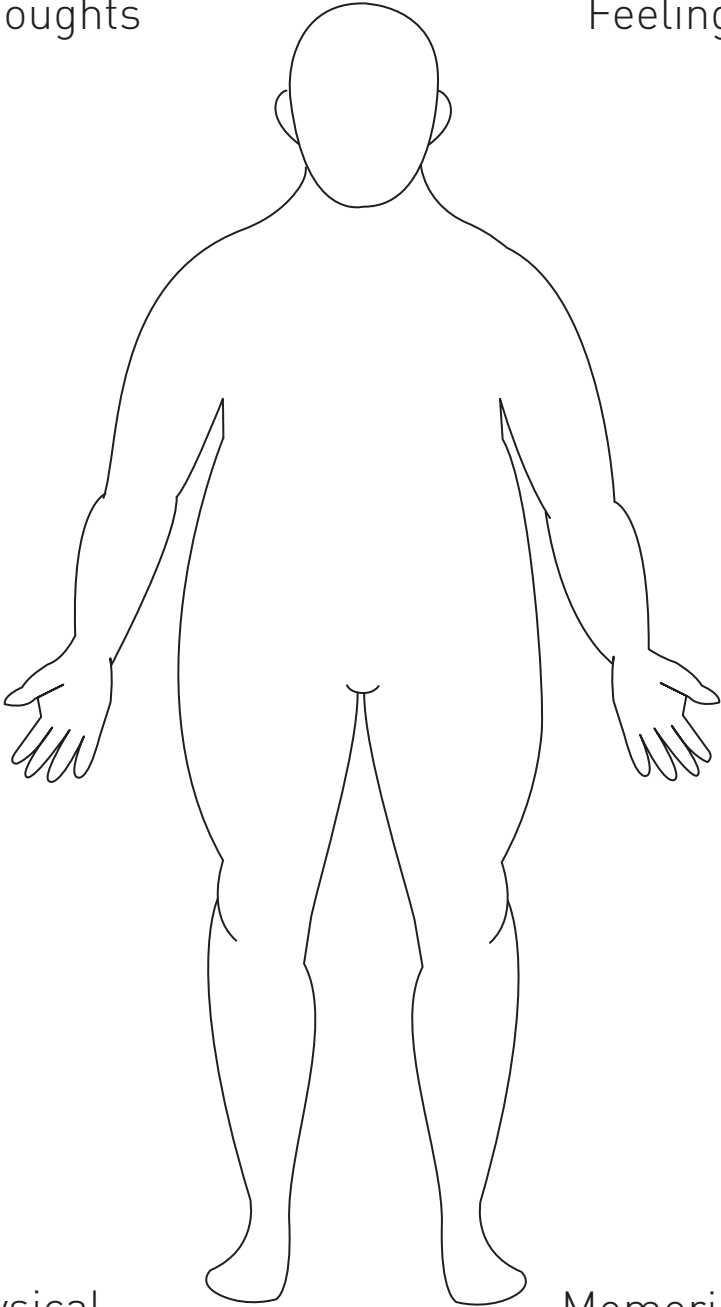


Handle _____

Date _____

Thoughts

Feelings



Physical
Sensations

Memories