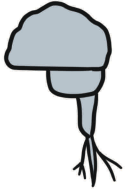
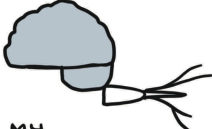
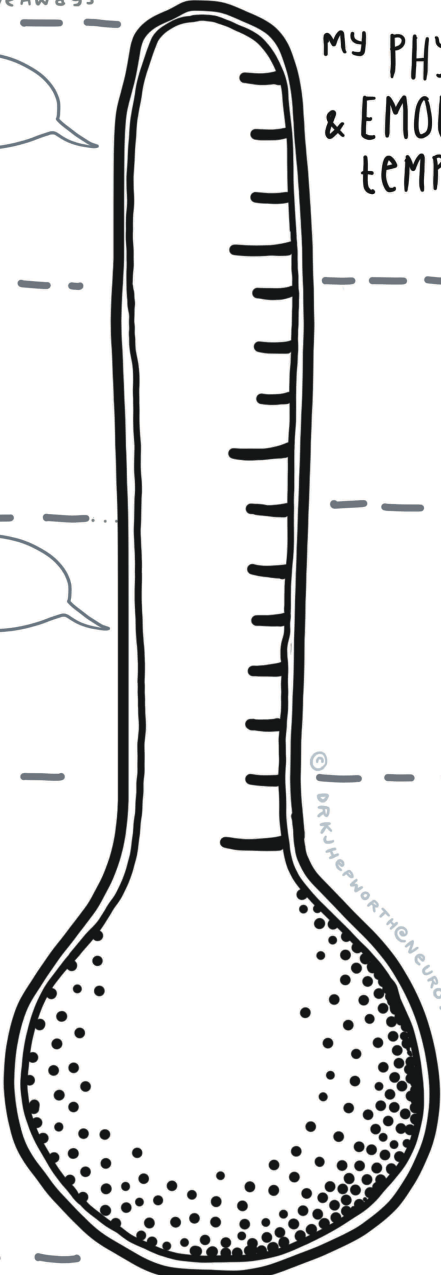


NOTICING MY VIBE

TO LIVE WELL MORE OFTEN

	MINDSET + THOUGHTS	BODY SENSATIONS	ACTION GIVEAWAYS	SPEECH GIVEAWAYS
 MY FLIPPED LID	MY HOT CRISIS FEELS LIKE...			
 HOLDING MYSELF	MY HOT STRUGGLE FEELS LIKE...			
	MY LIVING WELL FEELS LIKE			
 MY TRAP DOOR	MY COLD STRUGGLE FEELS LIKE...			
	MY COLD CRISIS FEELS LIKE...			

MY PHYSICAL & EMOTIONAL TEMPERATURE



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MY WINDOW OF TOLERANCE

