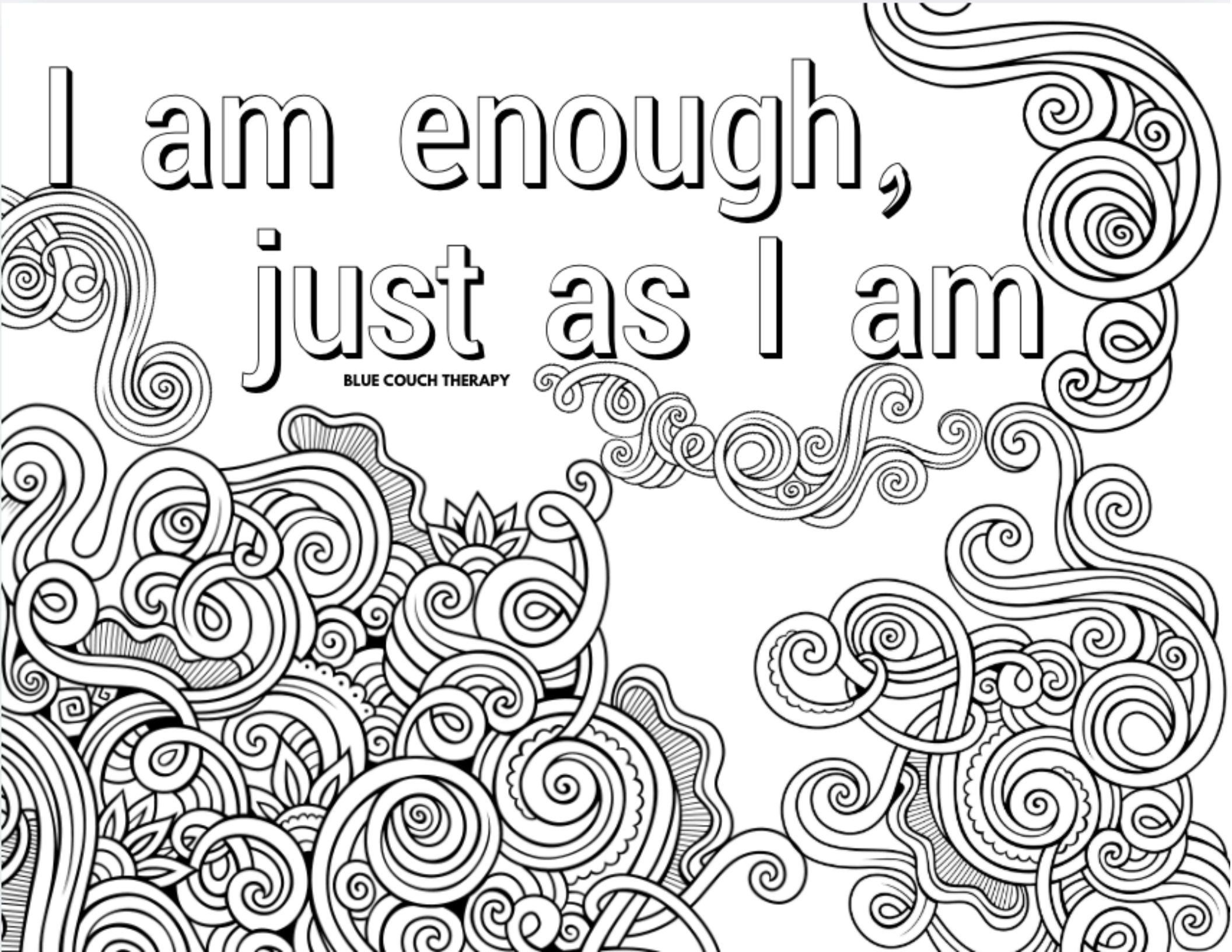




**Own your story,
you are the author**

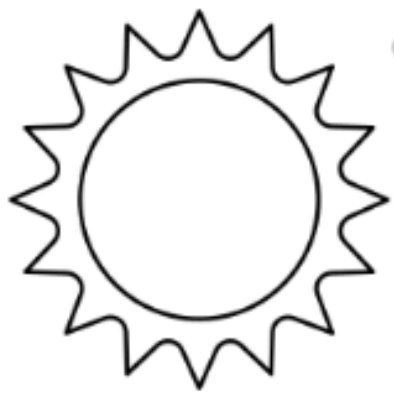
BLUE COUCH THERAPY





I am enough,
just as I am

BLUE COUCH THERAPY



BLUE COUCH THERAPY



I am true to
myself





I AM KIND TO



MYSELF





No one is me,



**and that
is my power**

BLUE COUCH THERAPY



