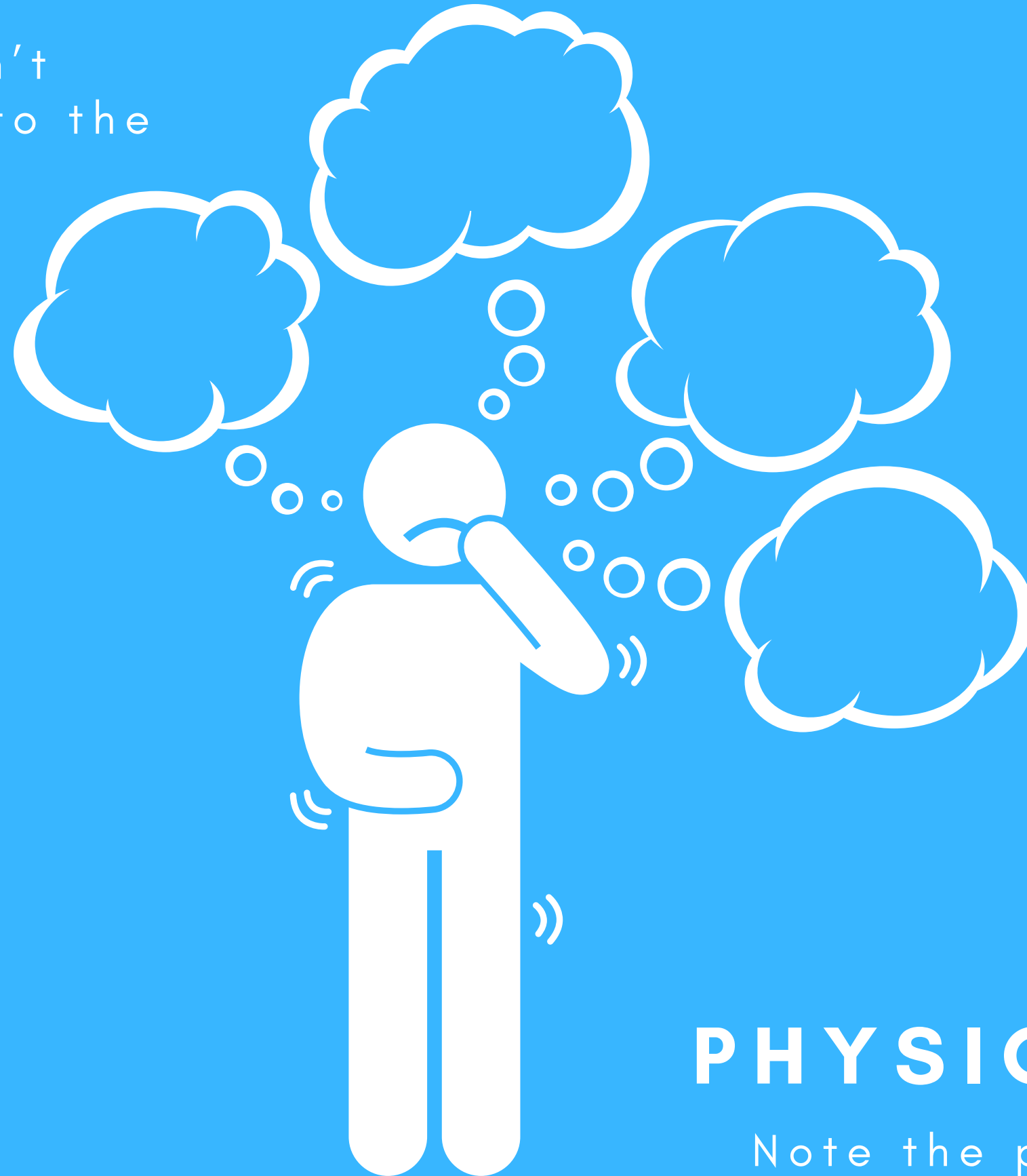


LIFE SHOULD BE...

I should.. I shouldn't
Add these thoughts into the
thought bubbles

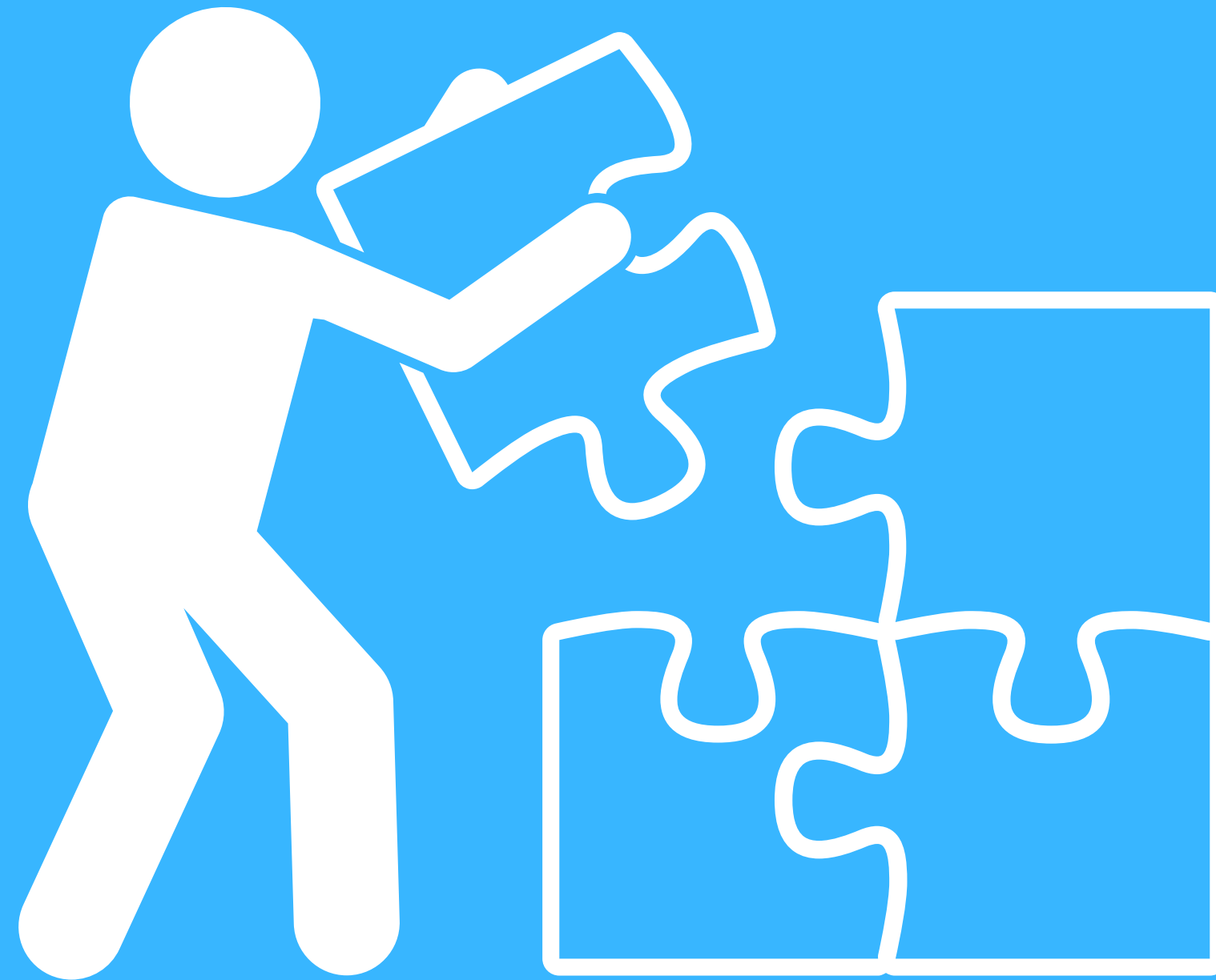


PHYSICAL RESPONSE

Note the physical responses when
these 'shoulds' are activated

LIFE SHOULD BE...

Now write your new
requirements



BODY BRIDGING

Using your sensory preferences,
note down your preferred
strategies

