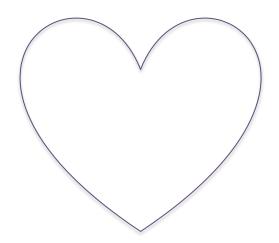
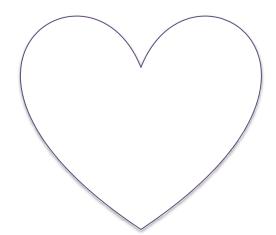
TF-CBT Workbook (Littles, Middles, Bigs)

Light and Heavy Feelings

Light feelings I like to feel:





The last *Heavy* feelings I felt were:

