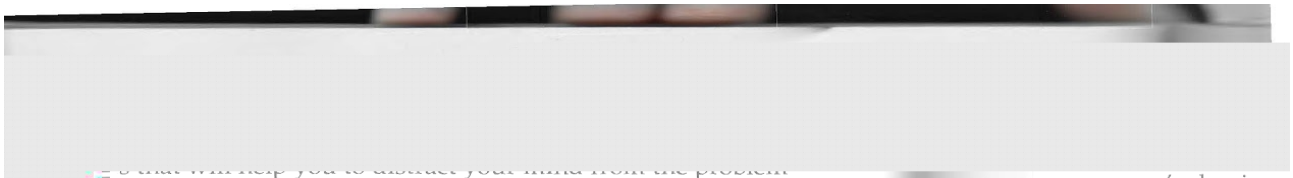

[illegible] that will help you to distract your mind from the problem you're having, and the pain it's causing. Check off or highlight the ones that you do

Take a hot bath. Bake cookies. your room.

Play [illegible]