FEELINGS CHECK-IN

Right now, I'm Feeling ...
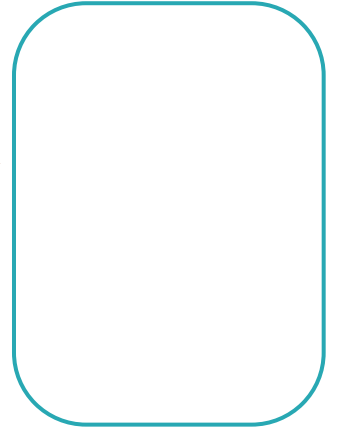
I feel this way because ...

_____

_____

_____

_____

Something that might help is ...