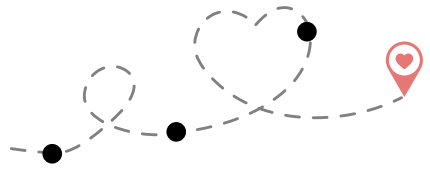


Self-therapy



If you are struggling with a problem, but don't have a therapist or trusted person to talk to, it is helpful to check-in with yourself instead.

Use the prompts below to work through your problem:

My problem:

How I feel:

What is causing the problem:

What I can right now do to keep myself safe:

What I can change:

