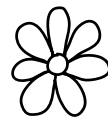
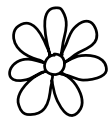


Yesterday my anxiety felt like:



A DARK SHADOW



SHARP PAIN



DISCOMFORT

Today my anxiety feels like:



NEGATIVITY



PARALYSIS



DOUBT

Tomorrow, I hope my anxiety will feel:



LIGHTER



QUIETER



LESS OF AN OBSTACLE

