

Pick Your Body Card and Gather Crayons

1) download and print out one of the following body cards most suited to you, and

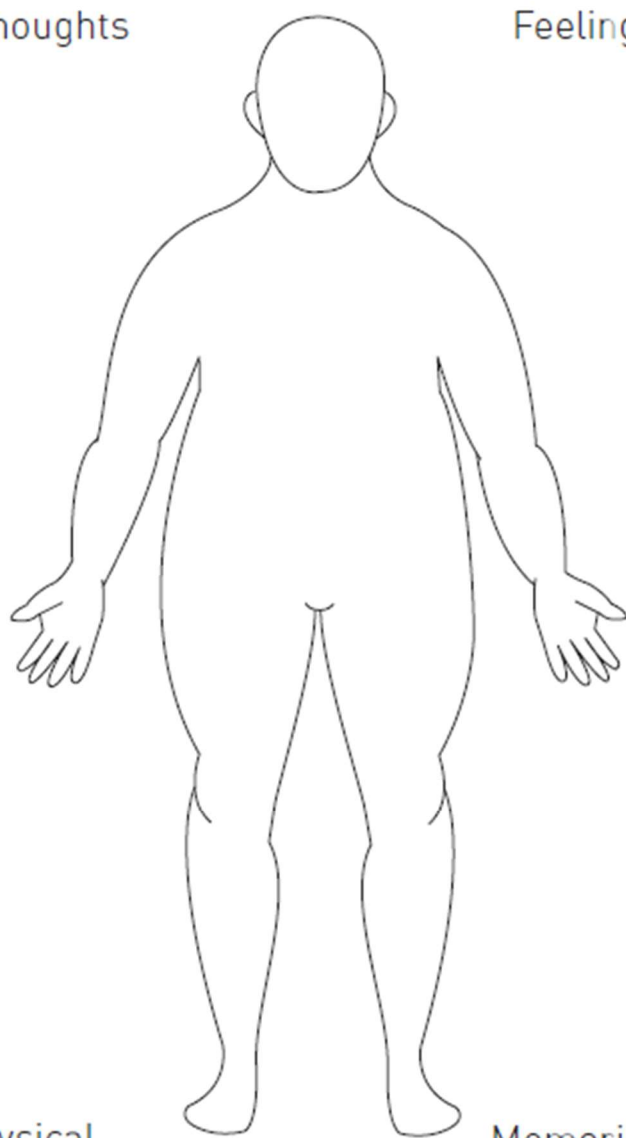
2) have at your disposal crayons to draw/write on your body card during the webinar exercise.

Pick the body card that best represents you:

Handle_____ Date_____

Thoughts

Feelings



Physical
Sensations

Memories

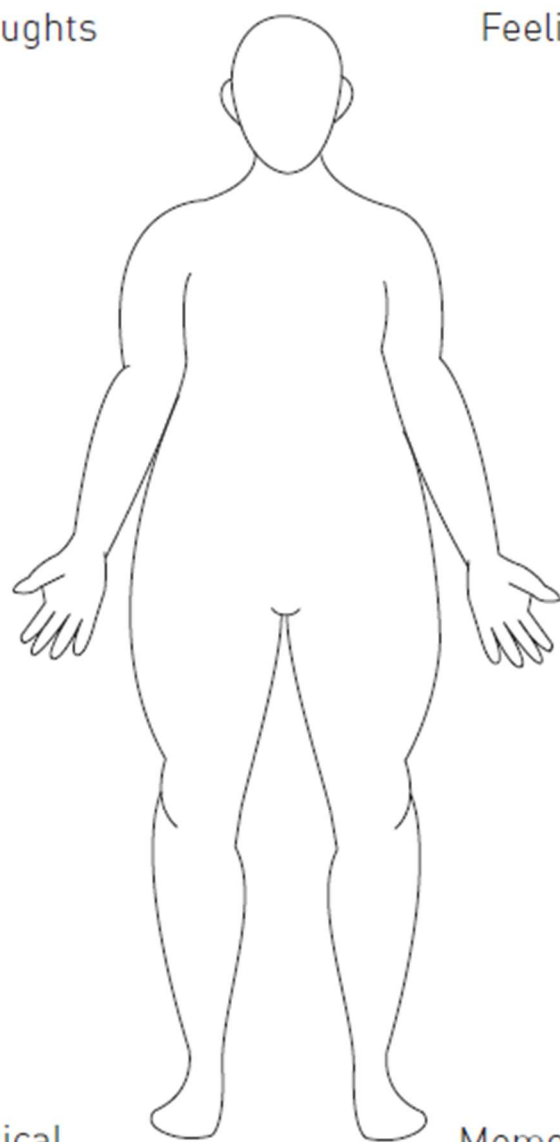
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Handle_____ Date_____

Thoughts

Feelings



Physical
Sensations

Memories

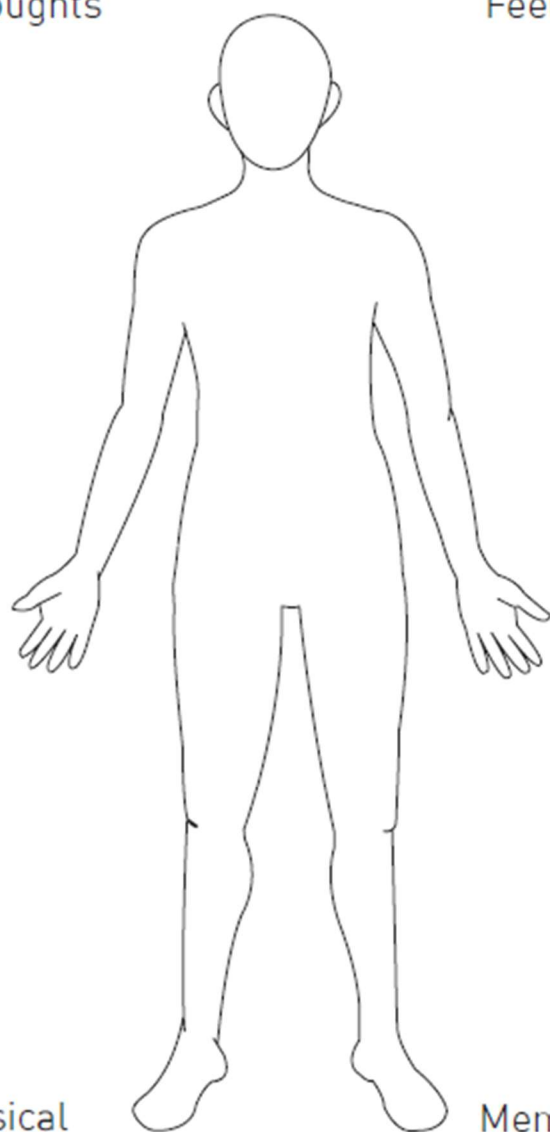
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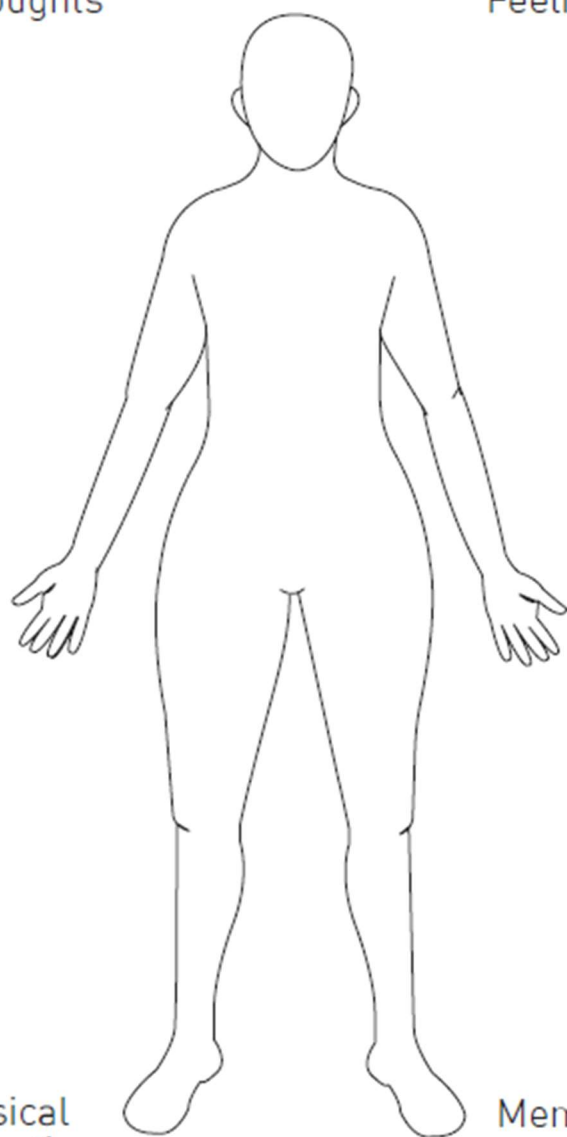
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