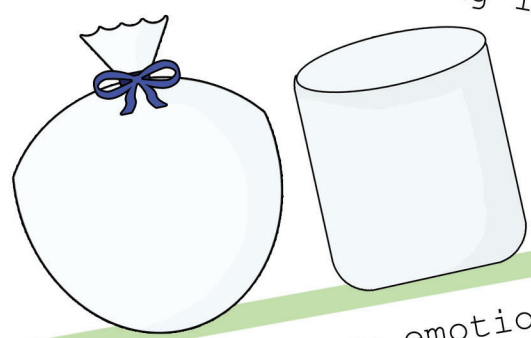


1. I imagine my brain as a place where my thoughts and feelings move around.



2. I describe everything I feel and think of



3. I watch my emotions and thoughts go by



4. I decide what I want to carry with me



5. I let the rest go by

