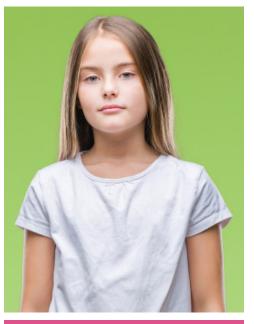
For all feelings, start to FACE IT AND ERASE IT by:

Feeling
The
Feeling



Make tight fists for 10 seconds





Focus
on inner
space
between
your neck
and lower
belly



Feel the feeling above or below your belly button to catch it!