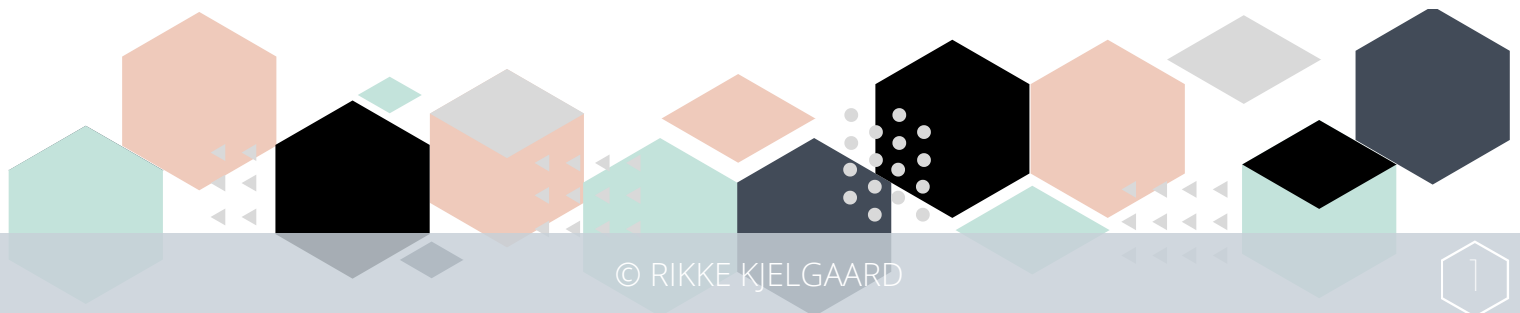


# THE FIERCE AND FABULOUS ME

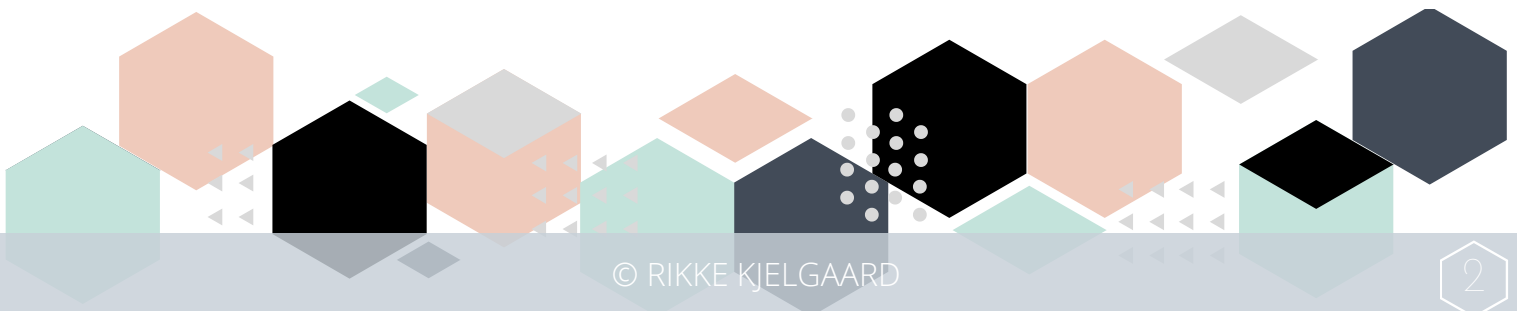
This is the fierce and fabulous me I want to be:



# THE FIERCE AND FABULOUS ME

These uncomfortable thoughts, feelings and sensations show up when I am moving towards the fierce and fabulous me:

This is what I do to avoid those thoughts, feelings and sensations:



# THE FIERCE AND FABULOUS ME

This is how I would want to be as the fierce and fabulous me when I experience difficult thoughts, feelings and sensations:

This is what I need when I experience difficulties:

This is how others can support me:

