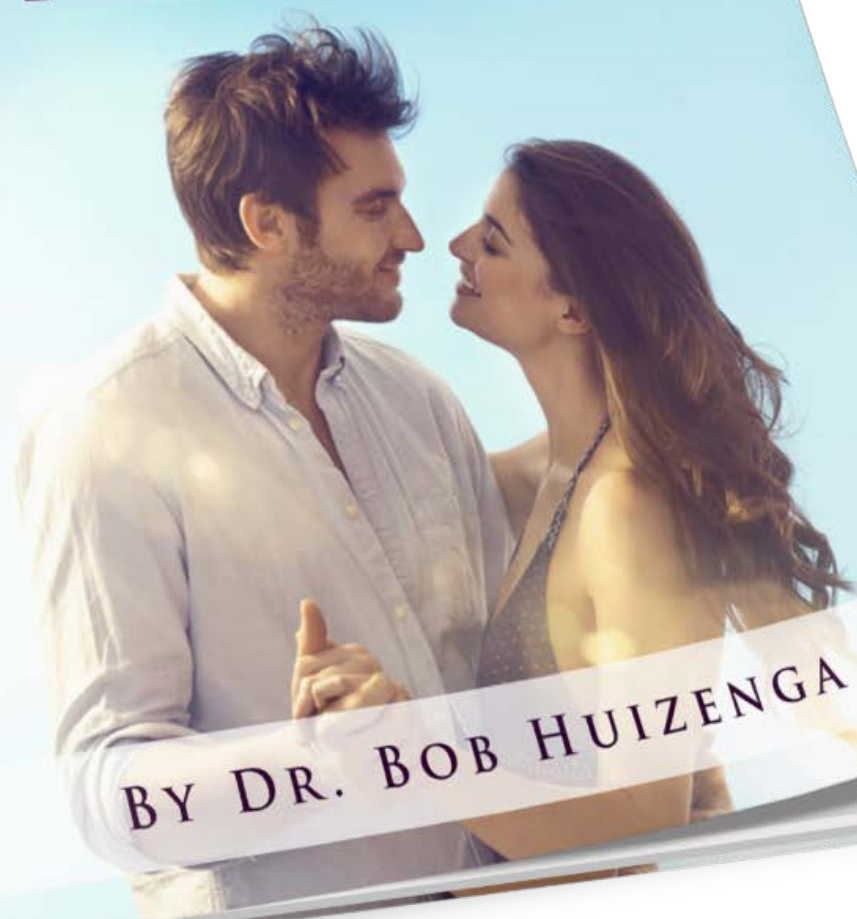
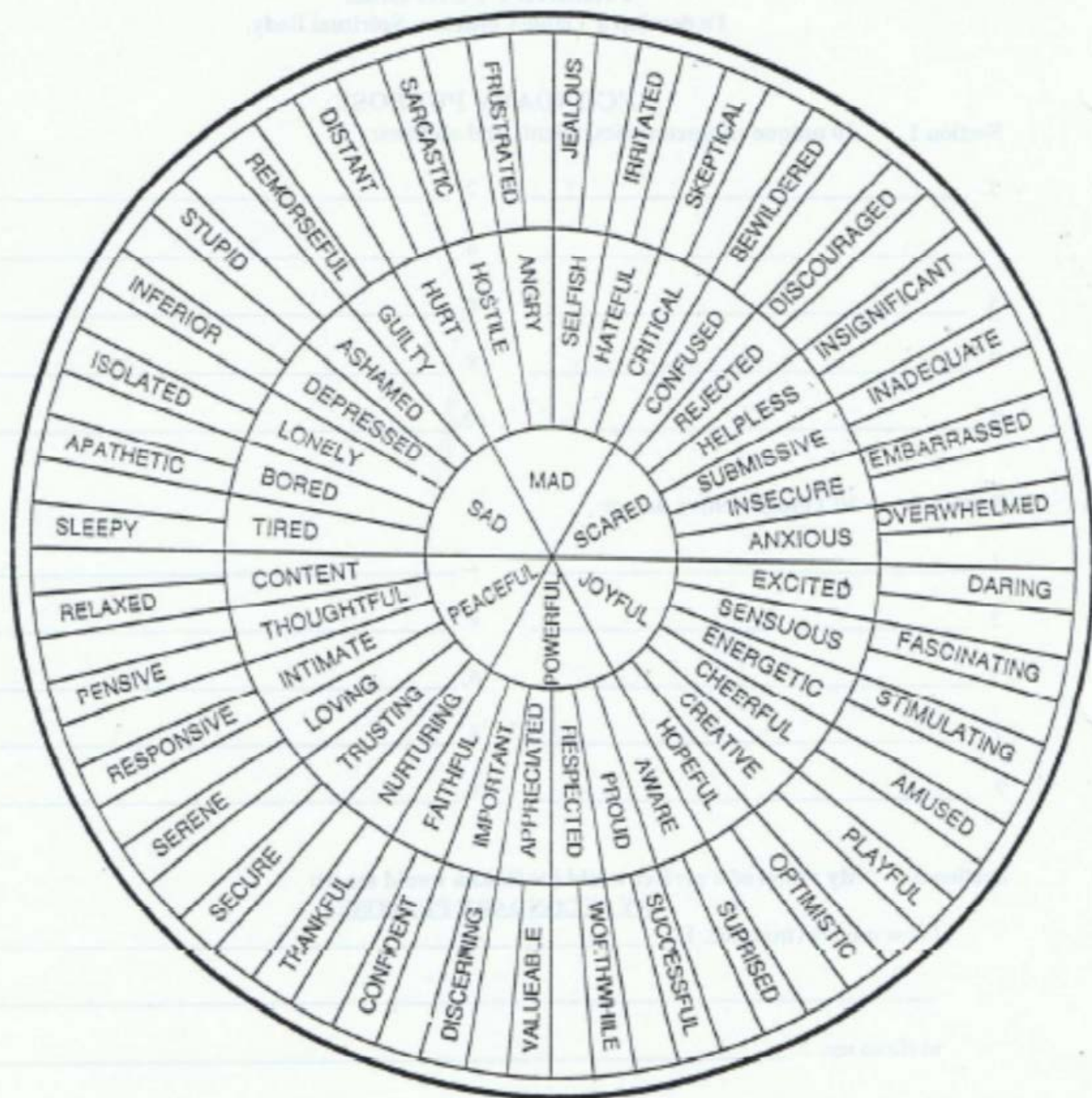


Cheat Sheet for
**Identifying
Thoughts and
Feelings**



BY DR. BOB HUIZENGA



Emotions/Thoughts List

[illegible]