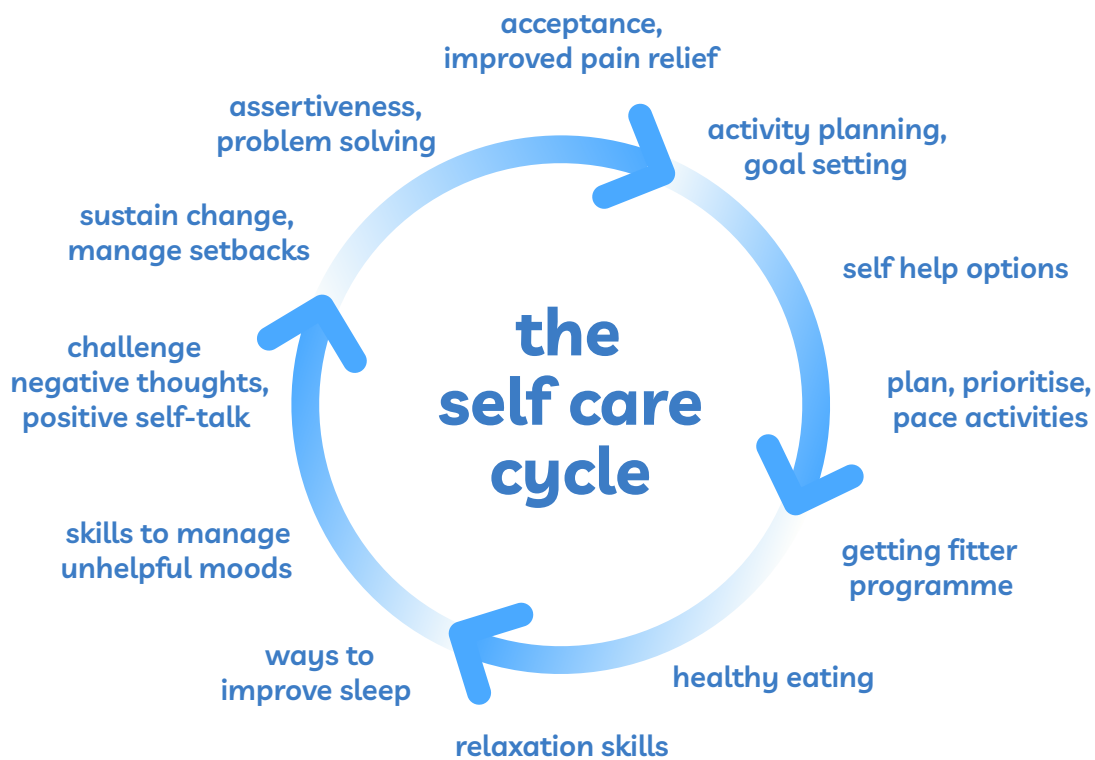


Choose three things from the pain cycle that you want to take action on now:

- _____
- _____
- _____



Choose three things from the self care cycle that you want to take action on now:

- _____
- _____
- _____