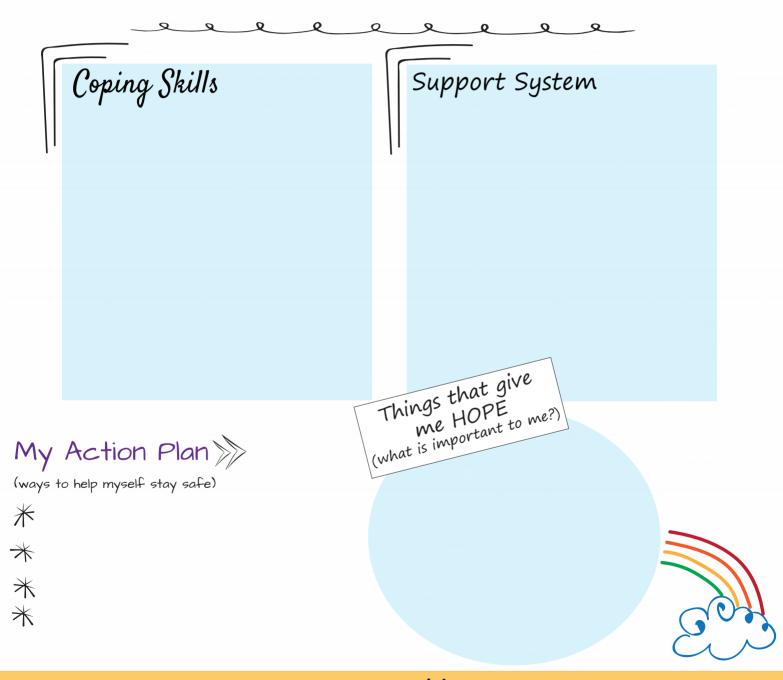
YOUR Safety YOUR Plan

Situations, thoughts, people, things that make me feel sad or anxious:



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