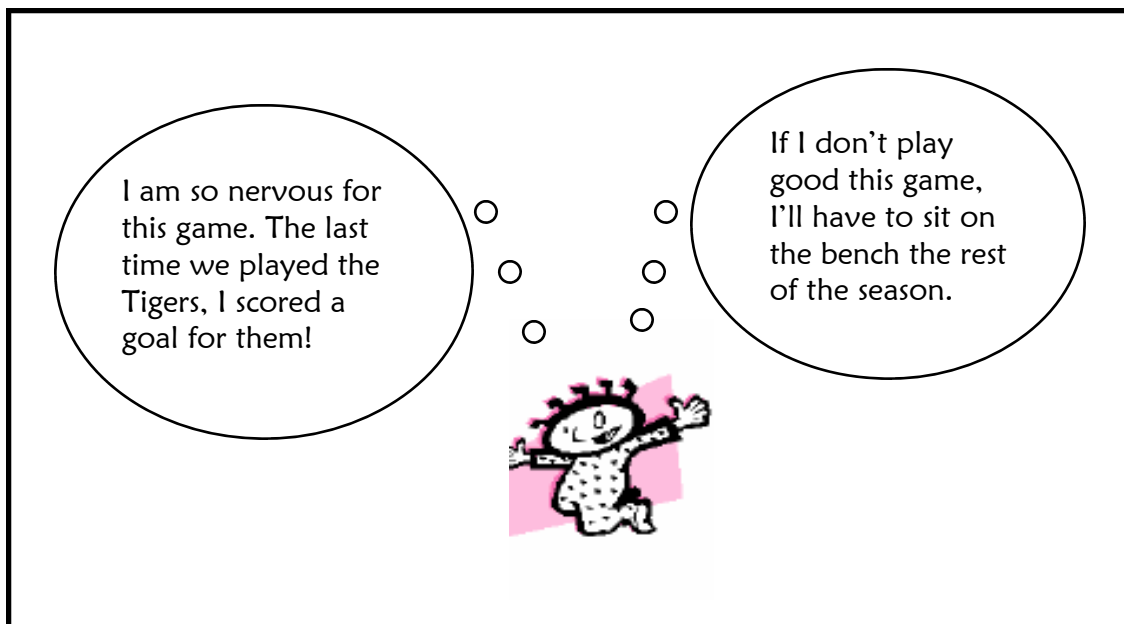


Take Action to Feel Better!



Resource: Taking Action.
Harborview Center for Sexual
Assault and Traumatic Stress 03



What are some positive actions Ralph could do to get rid of his negative feelings and thoughts?

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