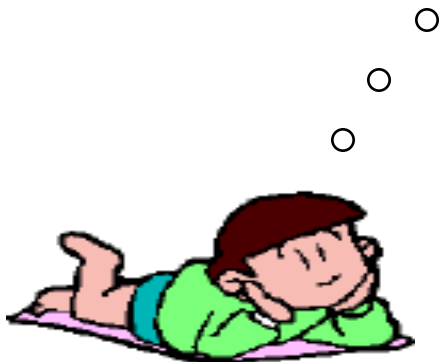
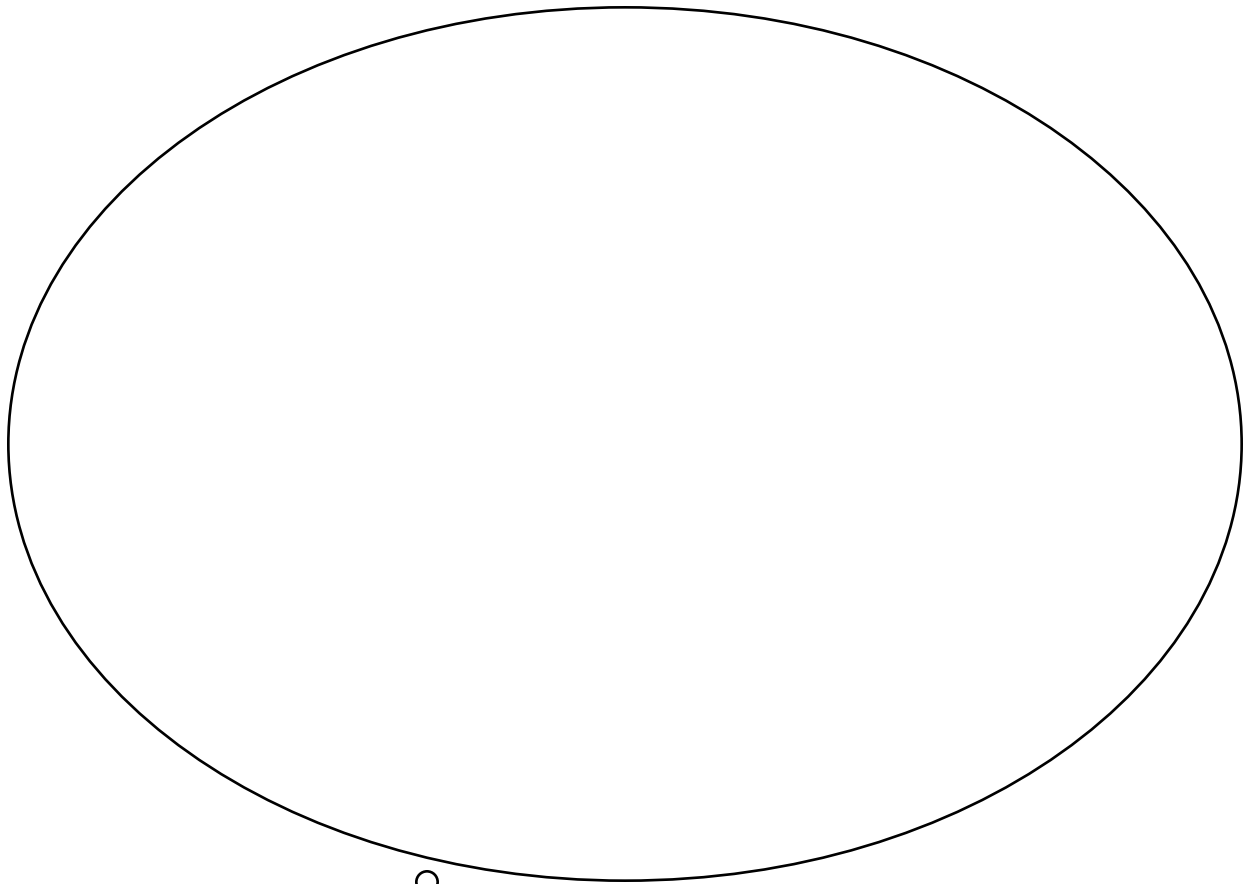


*Part of remembering what happened is being able to picture it in your mind. You would probably rather block it out of your mind, but that won't make it go away. Picture what happened, in your mind, then draw it on this page. It's hard to do, but try.*



*Resource: Steps to Healthy Touching.*

CBT+