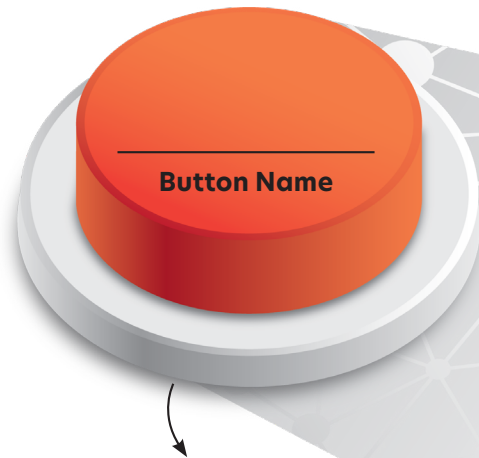
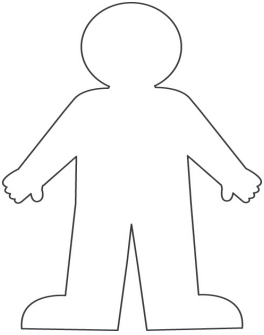


MY FOO BUTTON MAP

Body Area:



OLD PATTERNS TO CHANGE

Core Thought Patterns:

Core Feeling Patterns:

Core Behavior Patterns:

NEW PATTERNS TO PRACTICE

New Thought Patterns:

New Feeling Patterns:

New Behavior Patterns:

Core Wounding Events:

Age(s):