

[PDF] Knock Knock Self-Therapy Note Pad

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SELF-THERAPY

PSYCHODRAMA OF THE MOMENT

HOW DO I FEEL ABOUT IT?

HOW DO I REALLY FEEL?

THIS PROBLEM LIKELY STEMS FROM

RELEVANT PRESENT INFLUENCES

RELEVANT PAST ISSUES

WHAT IT ALL MEANS

BREAKTHROUGH

OUR TIME IS UP FOR TODAY!

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Description:

Everyone needs a little help from time to time. With the aid of Self-Therapy, now you can finally help yourself! Whether you feel depressed, anxious, or even perfectly well-adjusted, this step-by-step pad will guide you toward a breakthrough—or at least determine who or what to blame.

- The perfect gift for friends and family who aren't perfect
 - Checkboxes handily satisfy your inner-child
 - 6 x 9 inches; 60 sheets
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