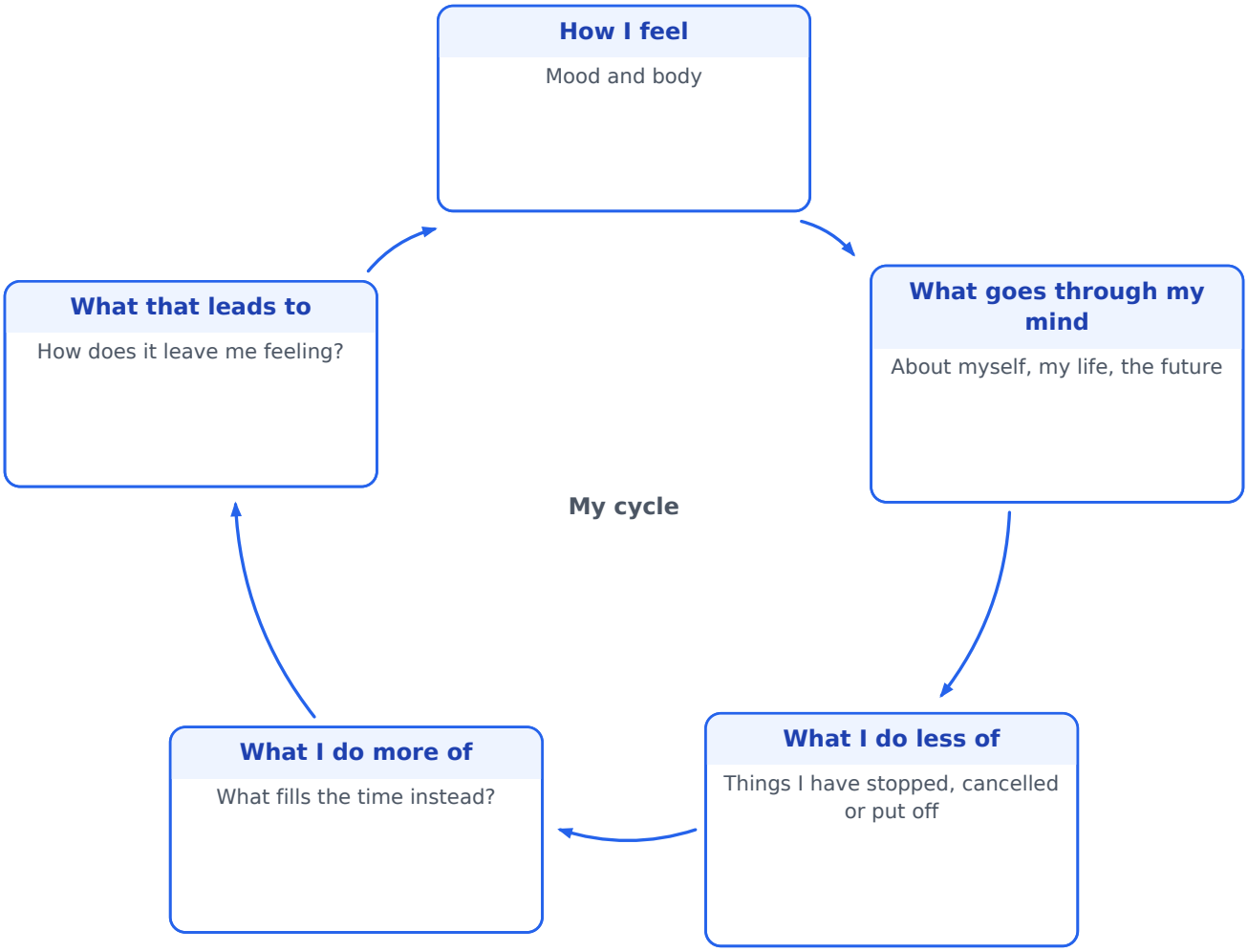
My low mood cycle

Fill in your own version of the cycle.

Name _____ Date _____



Things I used to do that I have let go

The smallest thing I could add back this week

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