

**you
did it!**

YOU



SO



**That was
helpful!**

"You wanted _____.
You may not _____,
_____ing hurts /
_____ is not safe.

**When you want
_____, you may
_____ or _____.
Which do you
choose?"**

"You wanted _____.
When you want
_____, say or do
_____."

**“Your body is
telling me you
might be feeling”**
