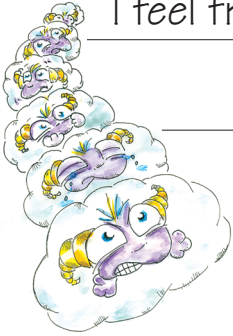
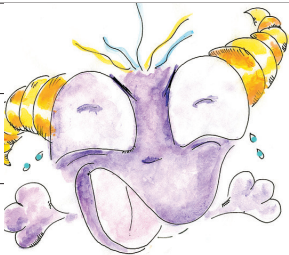


FRUSTRATION JOURNAL

I feel frustrated because...



When I get frustrated I feel...



Next time I feel frustrated I will...

