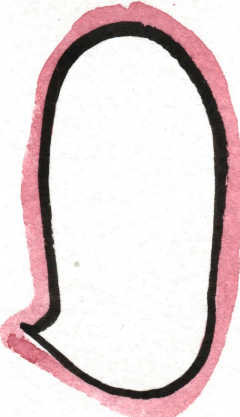


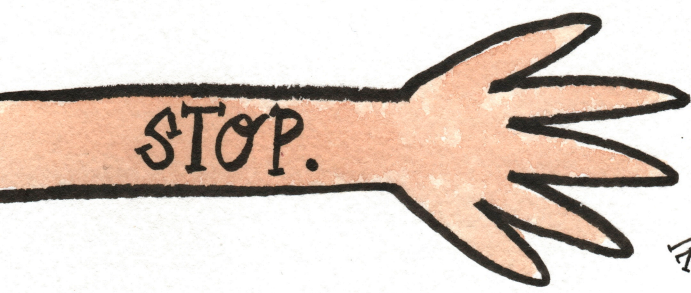


Fill with its LIES

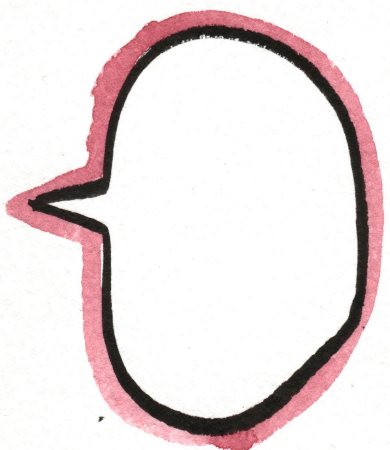
# SILENCE THE INNER CRITIC!



CUT OUT + STICK OVER HIS FOUL MOUTH!



Fill with lovely TRUTHS



(use thread to bind them)

COVER HIS NASTY CLAWS