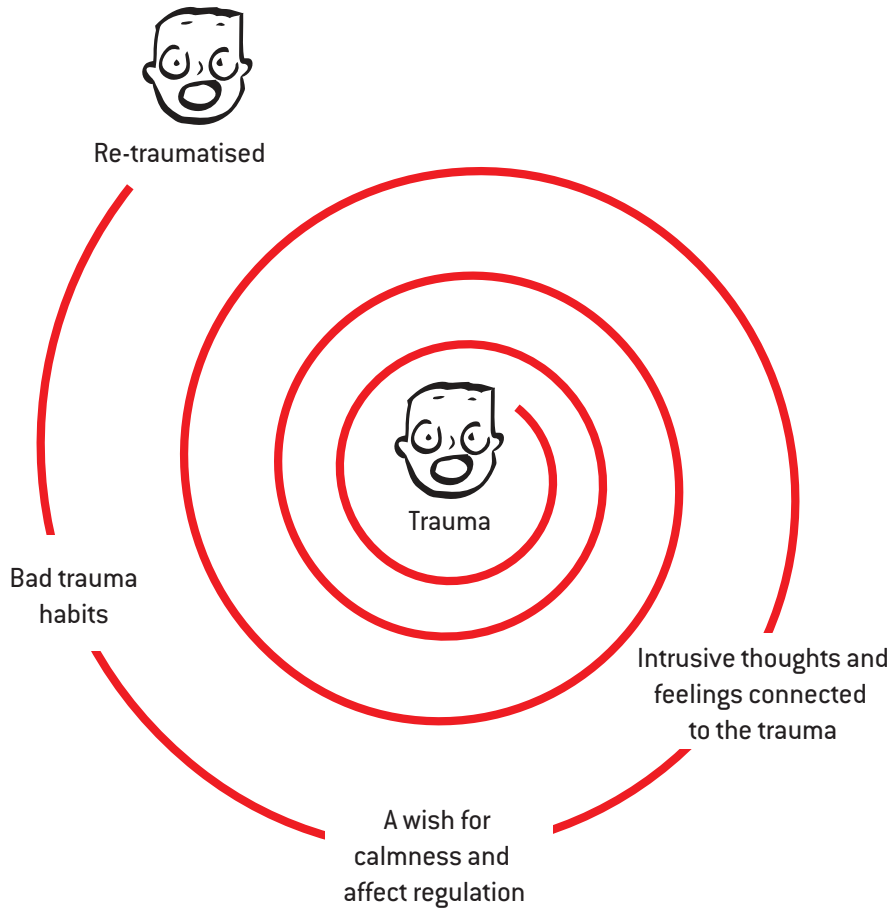


MODEL RE-ENACTMENT



What can remind you of some of the terrible things that you have experienced? Can you recognise feeling stressed and wishing to break free?

EXERCISES