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| Feeling Tones |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Activity: | | Activity: | | Activity: | | |  |  |  |  |  | Tight | |  |  |  |  |  | Soft | |  |  |  |  |  | Itchy | |  |  |  |  |  | Watery | |  |  |  |  |  | Relaxed | |  |  |  |  |  | Strained | |