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

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