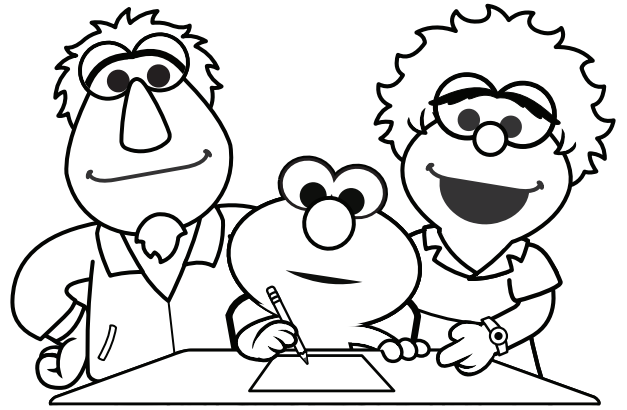


Jarida la Hisia

Mabadiliko makubwa yanaweza kusababisha hisia kubwa, Tumia ukurasa huu kuandika au kuchora jinsi unavyohisi. Kisha ongea pamoja na kutafuta njia za kudhibiti hisia zako kubwa,



Leo ninahisi:

Jambo moja gumu lililotokea leo ni:

Jambo moja zuri lililotokea leo ni: