

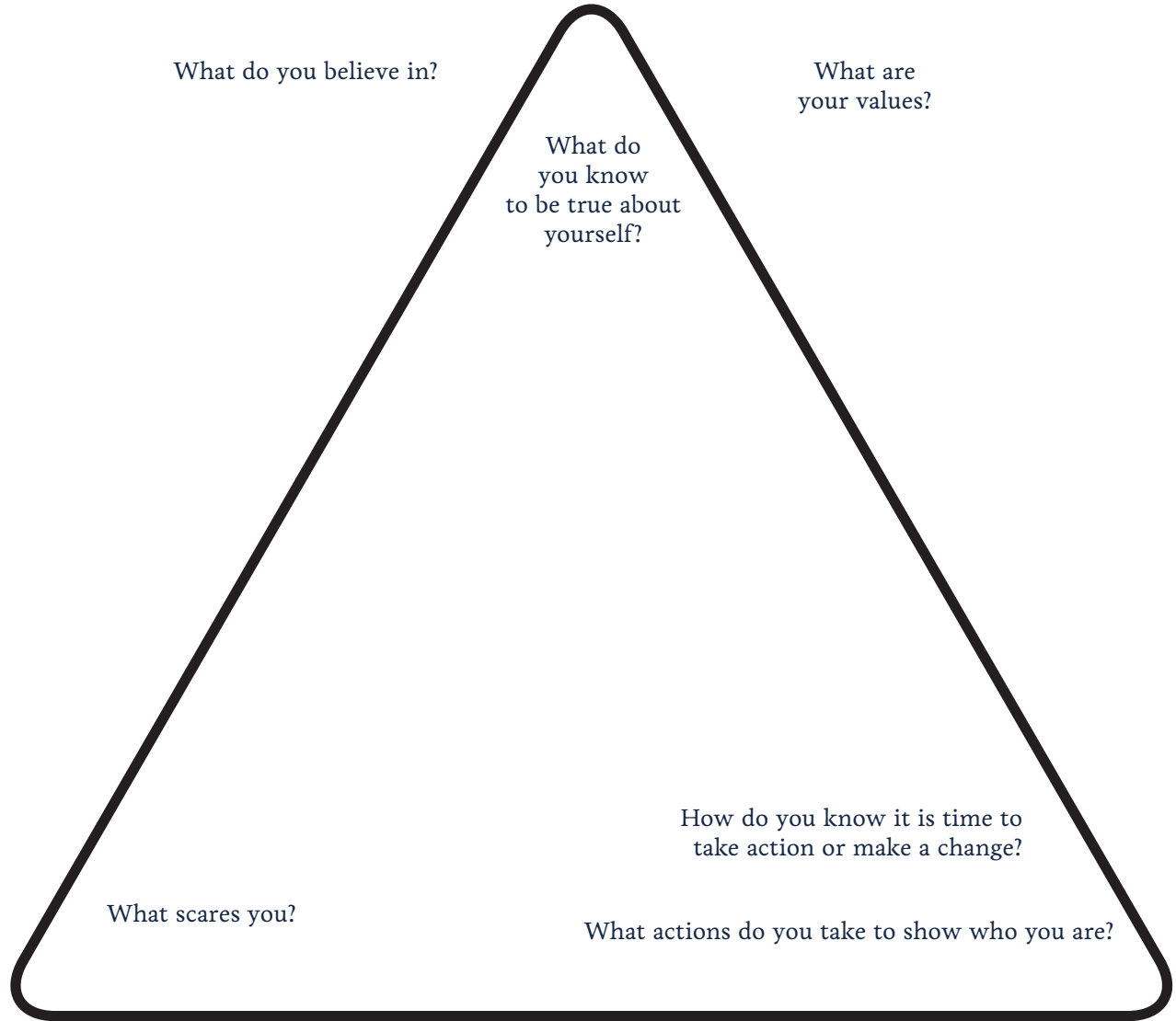


# Building the Authentic Self

START CREATIVE ARTS THERAPY

START: Creative Arts Therapy Services invites you to examine parts of you that help build and maintain your true self. Consider the three main components below and list the things that apply for you under each of the three points.

## SELF-ASSURANCE



FEARS

COURAGE