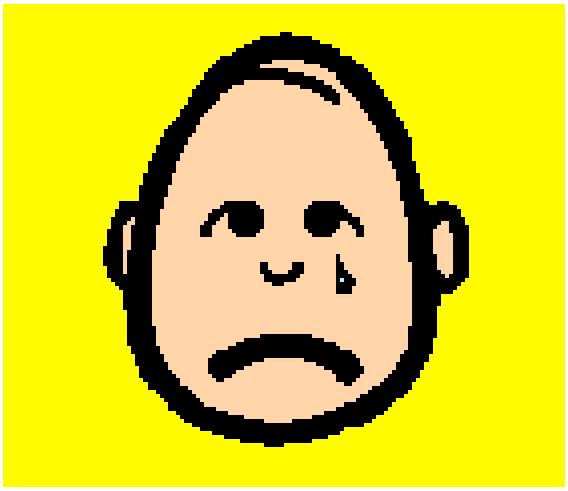
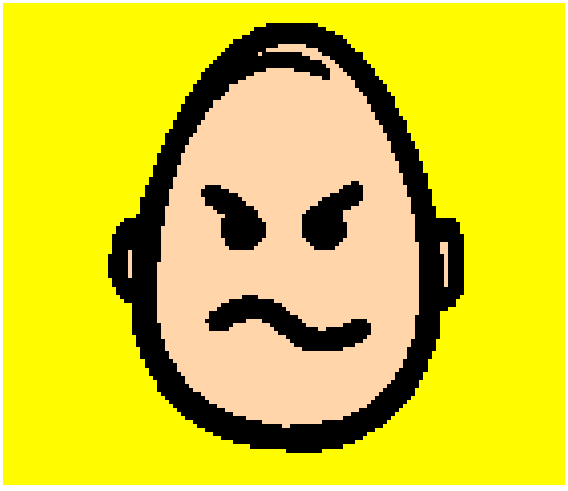
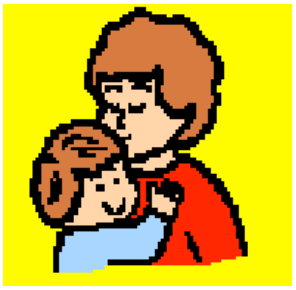
I feel ... I need ...

sad



mad





washcloth

read

sleep