

# My MRKH thoughts

Use these clouds to capture all your thoughts and feelings related to MRKH. Make sure you use a pencil so the sheet is reusable as you rub the thoughts out along the way. We suggest when writing the negative or intrusive thoughts, use the process of rubbing them out and let the thoughts drift away in your mind. And when you write happy thoughts, take a picture of what you wrote so you can keep them forever!



Date.....