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# Knock Knock Self-Therapy Note Pad



## Synopsis

Everyone needs a little help from time to time. With the aid of Self-Therapy, now you can finally help yourself! Whether you feel depressed, anxious, or even perfectly well-adjusted, this step-by-step pad will guide you toward a breakthrough or at least determine who or what to blame. The perfect gift for friends and family who aren't perfect. Checkboxes handily satisfy your inner-child. 6 x 9 inches; 60 sheets

## Book Information

Paperback: 60 pages

Publisher: Knock Knock; Npd edition (February 2, 2011)

Language: English

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Product Dimensions: 0.5 x 5.8 x 9.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (27 customer reviews)

Best Sellers Rank: #11,911 in Books (See Top 100 in Books) #3 in Books > Self-Help > Inner Child #12 in Books > Self-Help > Journal Writing #19 in Office Products > Office Supplies > Paper > Notebooks & Writing Pads > Memo & Scratch Pads

## Customer Reviews

This is actually a very useful item. I got it sort of a joke for my sister, but if you actually fill it out when you are angry or frustrated it can help you look at the situation a bit differently. I got for myself too, so I peel off a sheet and hand them out to my coworkers when they have a hard day. It's fun.

Although this is clearly a humorous tool, to be used with a grain of salt, I have found it to be very useful for calming down when I'm feeling really anxious or concerned over something. Sometimes, after I fill them out, and they are especially helpful, I like to tape them up on my wall. The prompt, "How do you feel?" followed immediately by, "How do you \*really\* feel?" is very telling and encourages honesty with yourself, which is so necessary for getting the root of the emotional issue. My roommates and partner occasionally steal sheets off of my Knock-Knock pads, because we love them so much--especially the "I love you today because..." and the grocery shopping ones.

Like a lot of mothers and daughters, we have our little "moments"...I thought this little tear-sheet pad

containing a check-list of self-therapy questions might come in handy for ONE of us, the next time things get sparky. She knows I love her and it was all in aid of a good therapeutic laugh!

Me and my friends can be a bit dramatic so I bought this so we'd have a track how crazy we are being. Love everything knock knock makes!

Cute gift for a friend or coworker. Not a lot of pages but good for a laugh and fun discussion.

We use this all the time at work, then pass it around before putting it in the shredder (if they have too many bad words written on them). They're very therapeutic for everyone.

very cool and useful. I can take the completed form to my psychiatrist.

Got this item as a gag gift at my job! I work with therapist so this item was a big hit! Not really practical to use with clients but, great tool for a friend or coworker having a tough day!

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