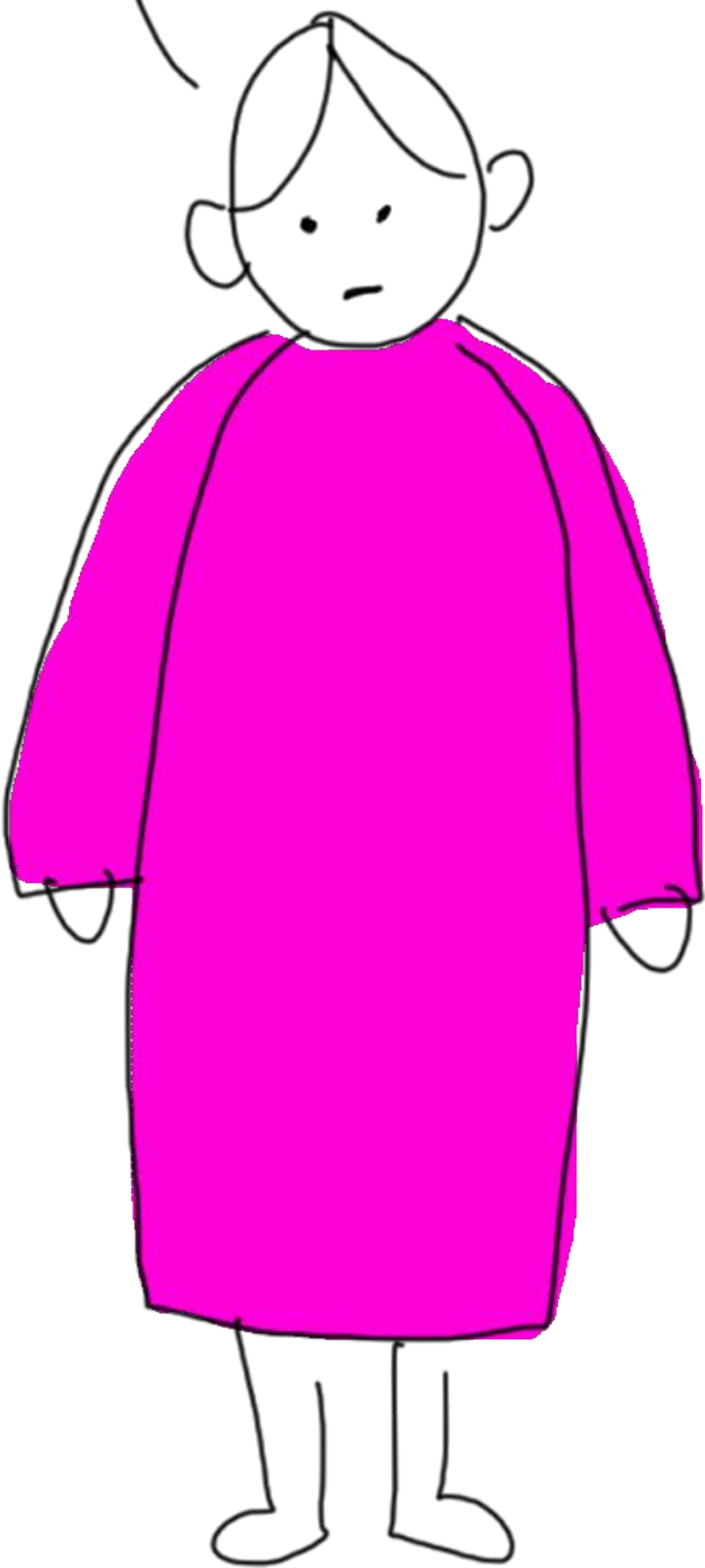met my gaat het niet goed