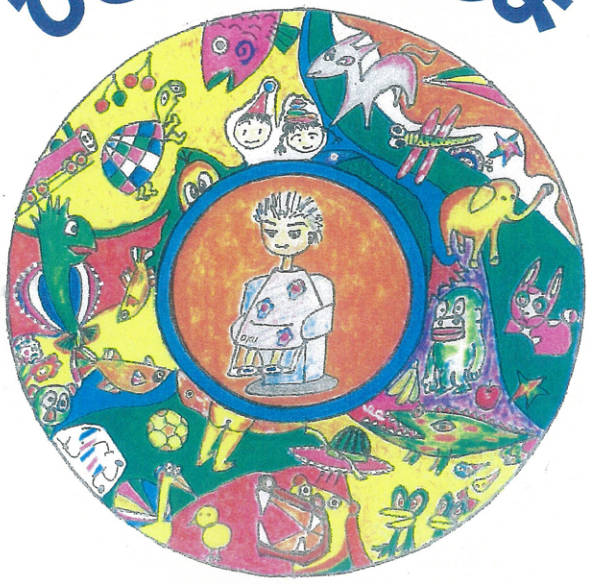ボク
ひとりでできるよ