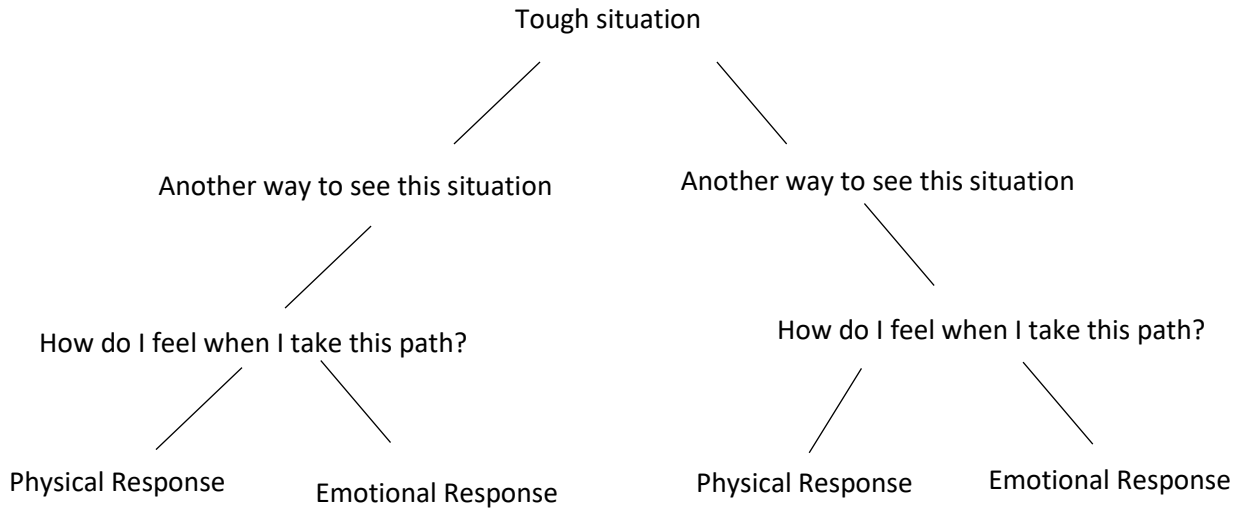


Finding Hopeful Options



EXAMPLE

Vehicle won't start on the way to my doctor's office

I always make mistakes! Not even worth going anymore. Why do I even try?

It's a perfect day to walk/catch a ride with a friend and grab coffee afterwards.

Defeated and Angry

Excited and hopeful

Immediate Headache

Withdrawal

Calm and collected

Connection

You try!

Tough situation

Another way to see this situation:

Another way to see this situation:

How do I feel when I take this path?

How do I feel when I take this path?

Physical Response:

Emotional Response:

Physical Response:

Emotional Response:
