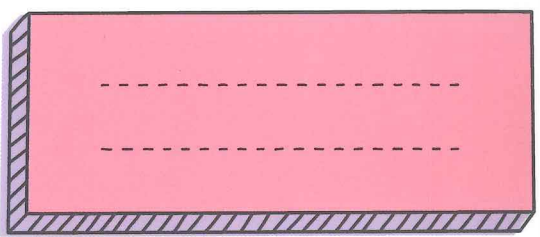
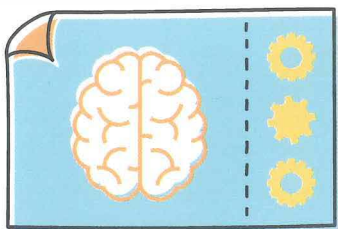
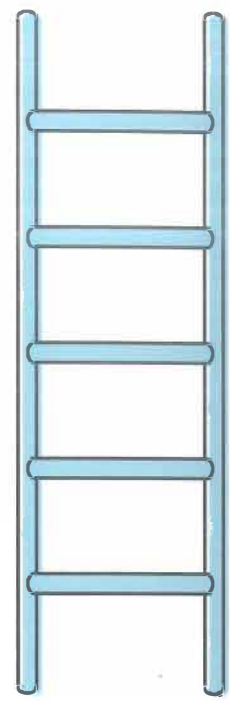
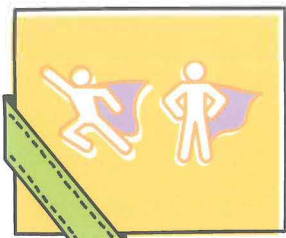
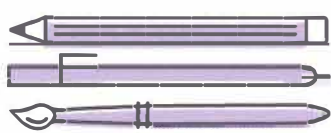
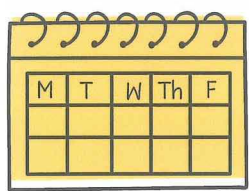


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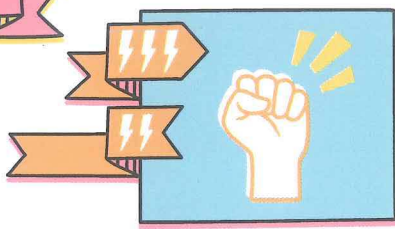
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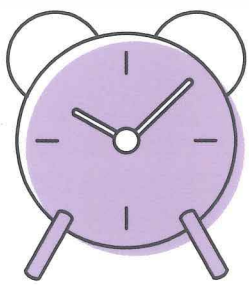
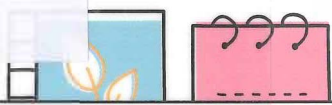
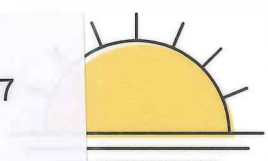


TO-DO LIST:

- develop positive self-talk
- tolerate uncertainty
- change obsessive thoughts



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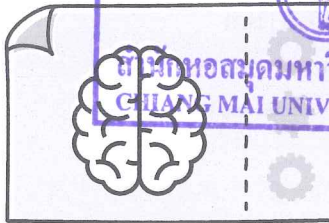
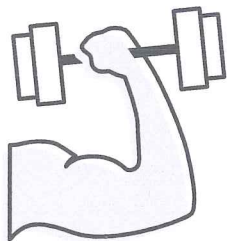
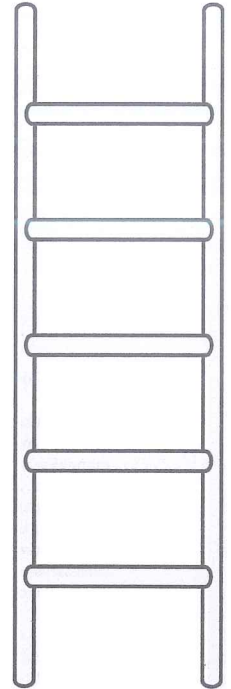
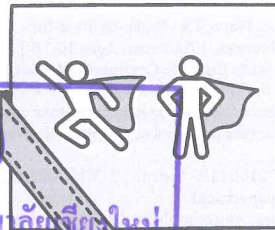
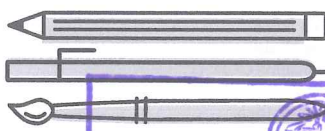
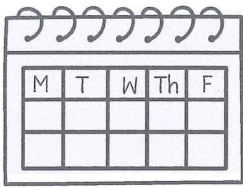
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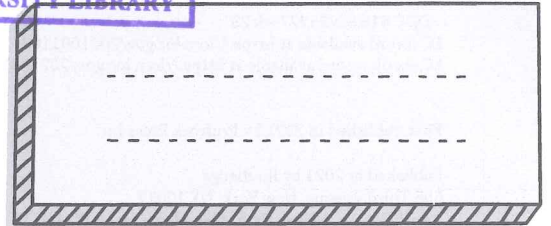
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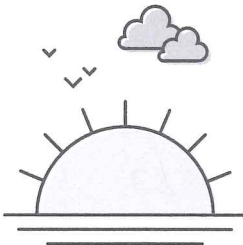
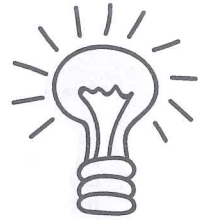
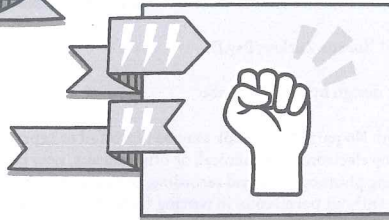


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- tolerate uncertainty
- change obsessive thoughts



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