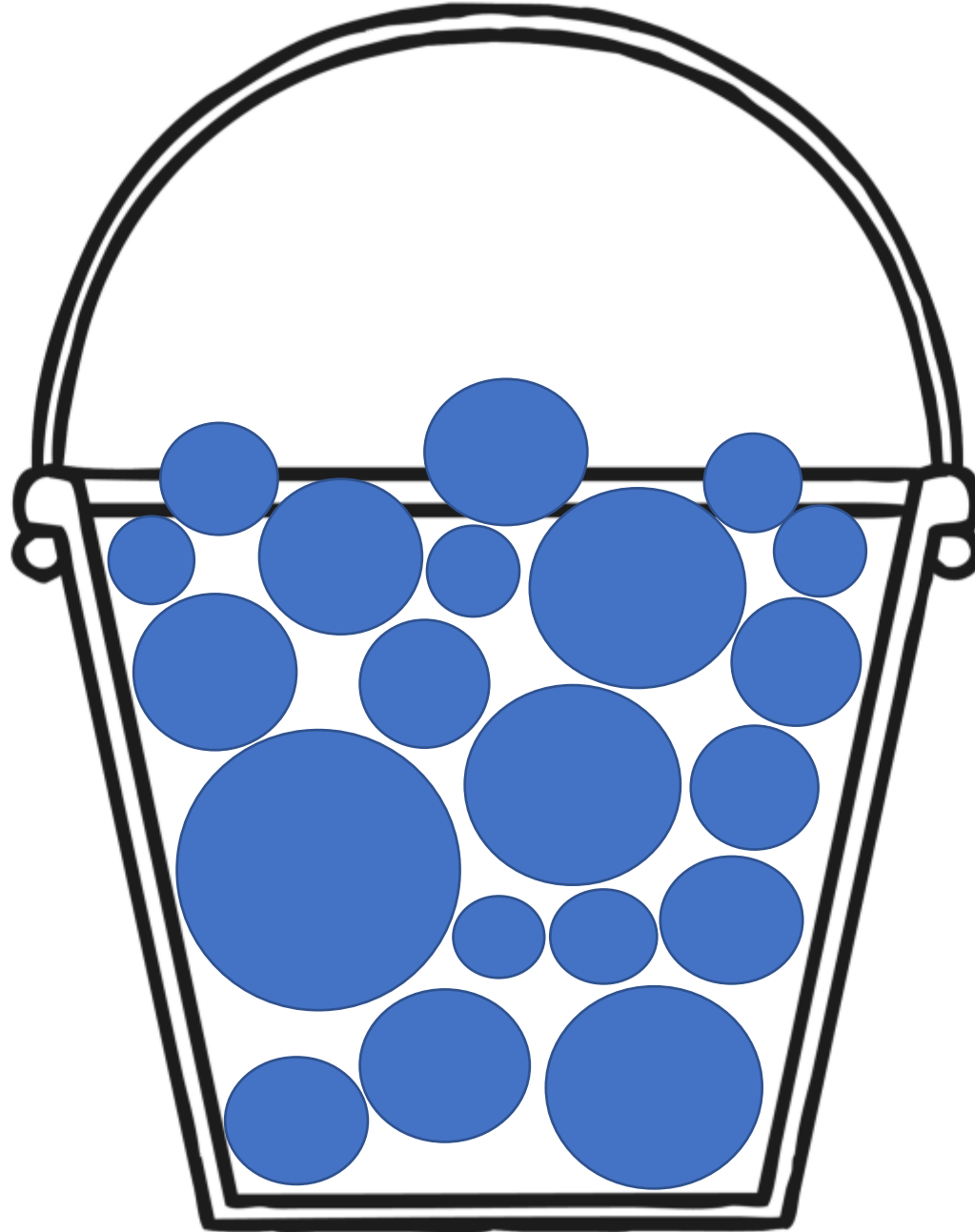


Triggers



**Constructive
Thoughts**

Strategies

