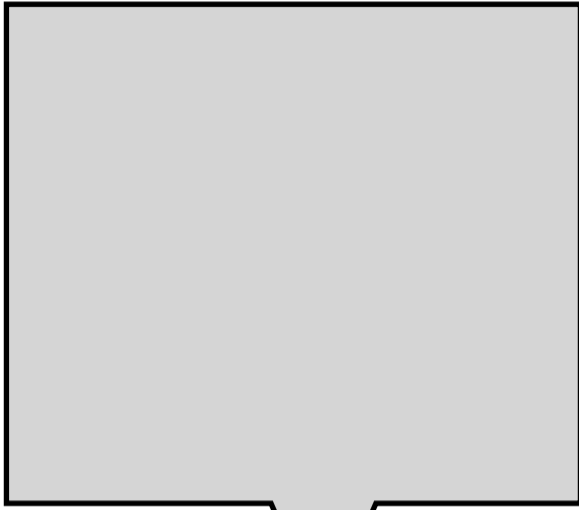


Situation



Thoughts

Behaviours

Feelings

