

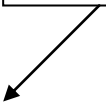
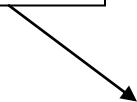
OLD SYSTEM: How it is

My Old Beliefs

I am...

People are....

The world is...



My Old Rules that protect me

If.....then.....

My Old Strategies

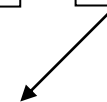
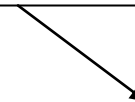
NEW SYSTEM: How I'd like it to be

My New Beliefs

I am...

People are....

The world is...



My New Rules that protect me

If.....then.....

My New Strategies