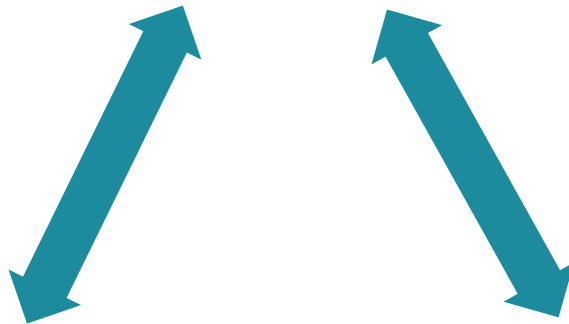


TRIGGER/SITUATION:

---

---

THOUGHT



Action (Behaviour)



Feeling