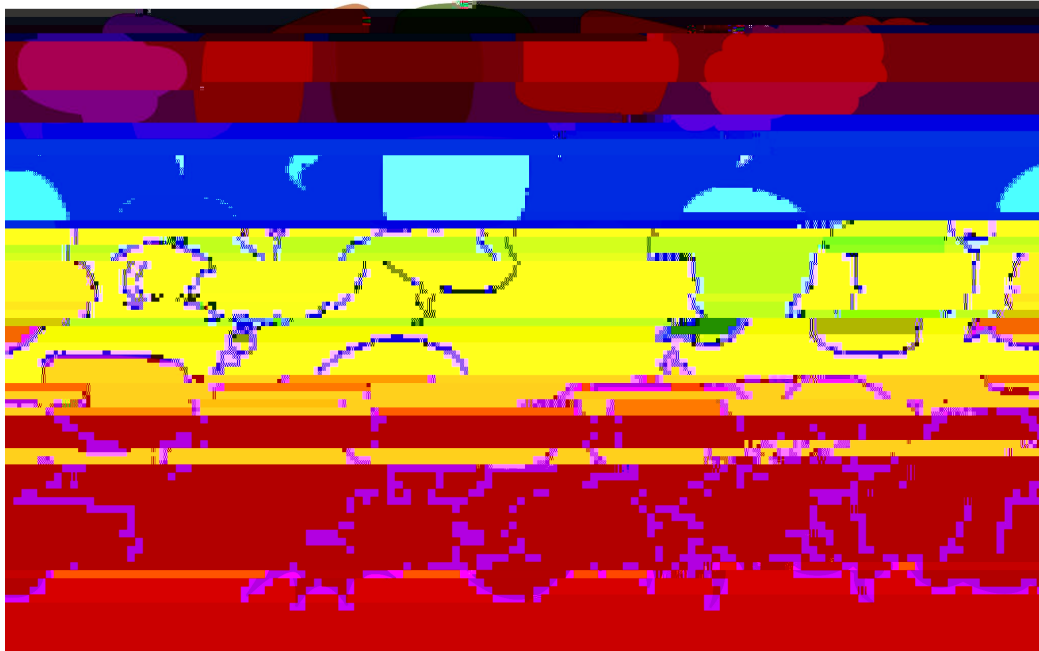


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' : 41&2A8

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~ @! >: - @B1 &4; A34@' - @@! >: ?

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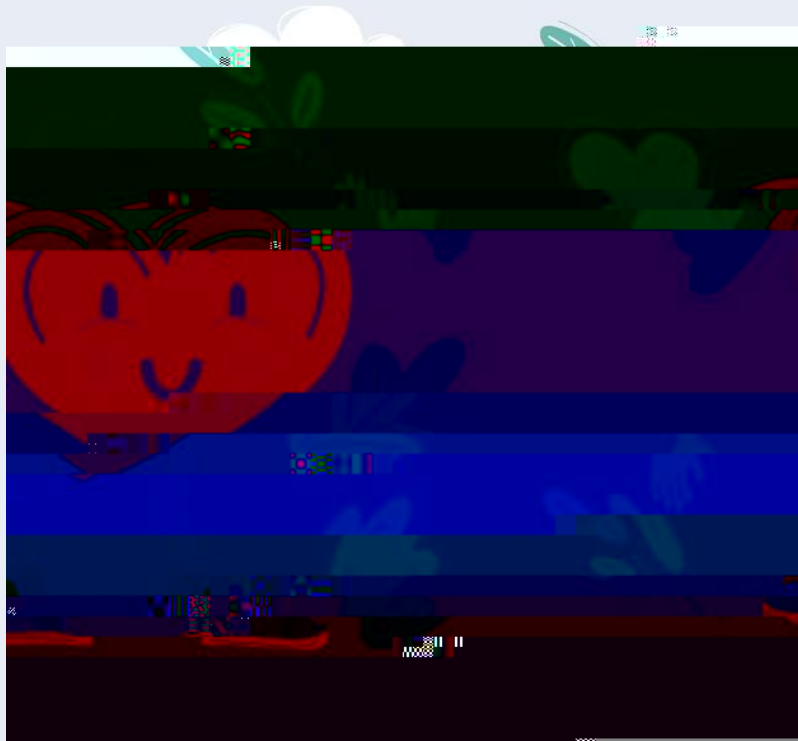
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How does it *impact your mood* to consider these alternative feelings?

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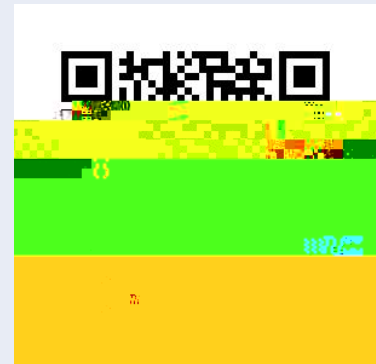
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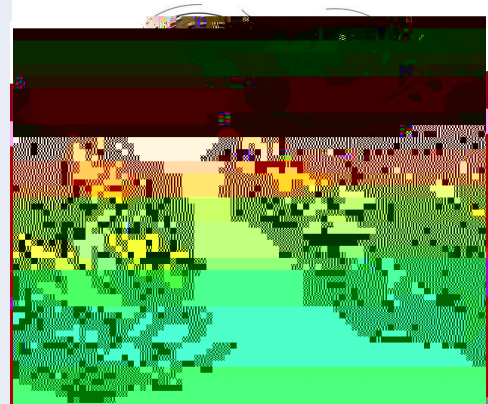
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alternative thoughts
 coping strategies
 alternative feelings
Gratitude Meditation



&4- : 7 E; A

