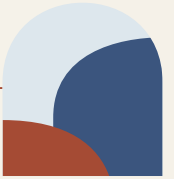


Understand what's going on.

What happens matters. The meaning we give it can also shape how we feel and respond.

THE ABC MODEL



What happens next?

What helps in the short term?

What happens over time?