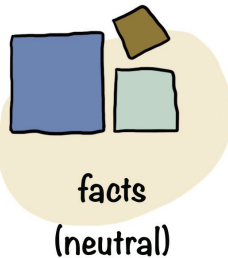


Let's take a closer look

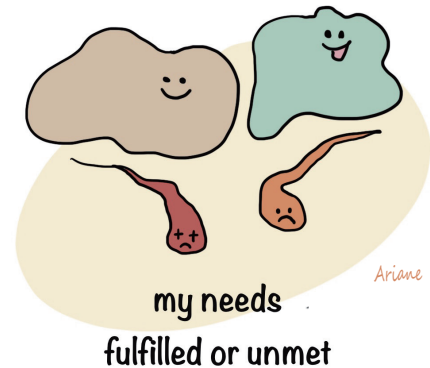
*usually,
what happens within
me in a situation
looks like this*



A mixture of concrete
facts, thoughts, judgements,
emotions, and fulfilled or
unmet needs...



*the process
involves
unraveling*



Ariane