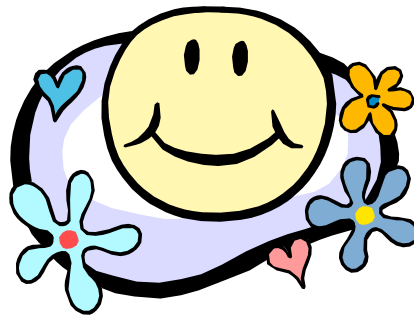


**Positive Qualities**

**Realistic Expectations**

**Balanced Self-Evaluations**

**Healthy**



**Helpful Behaviour**

**Helpful Behaviour**

**Self-  
Esteem**

**Balanced Rules & Assumptions**

**Balanced Core Beliefs**

**Positive Experiences to  
Look Out For In Future**