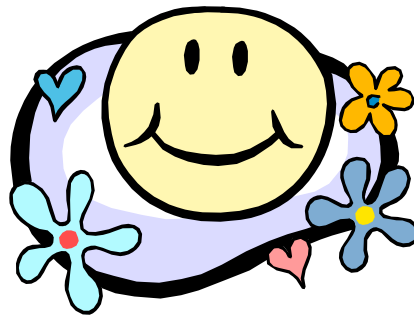


Positive Qualities

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**