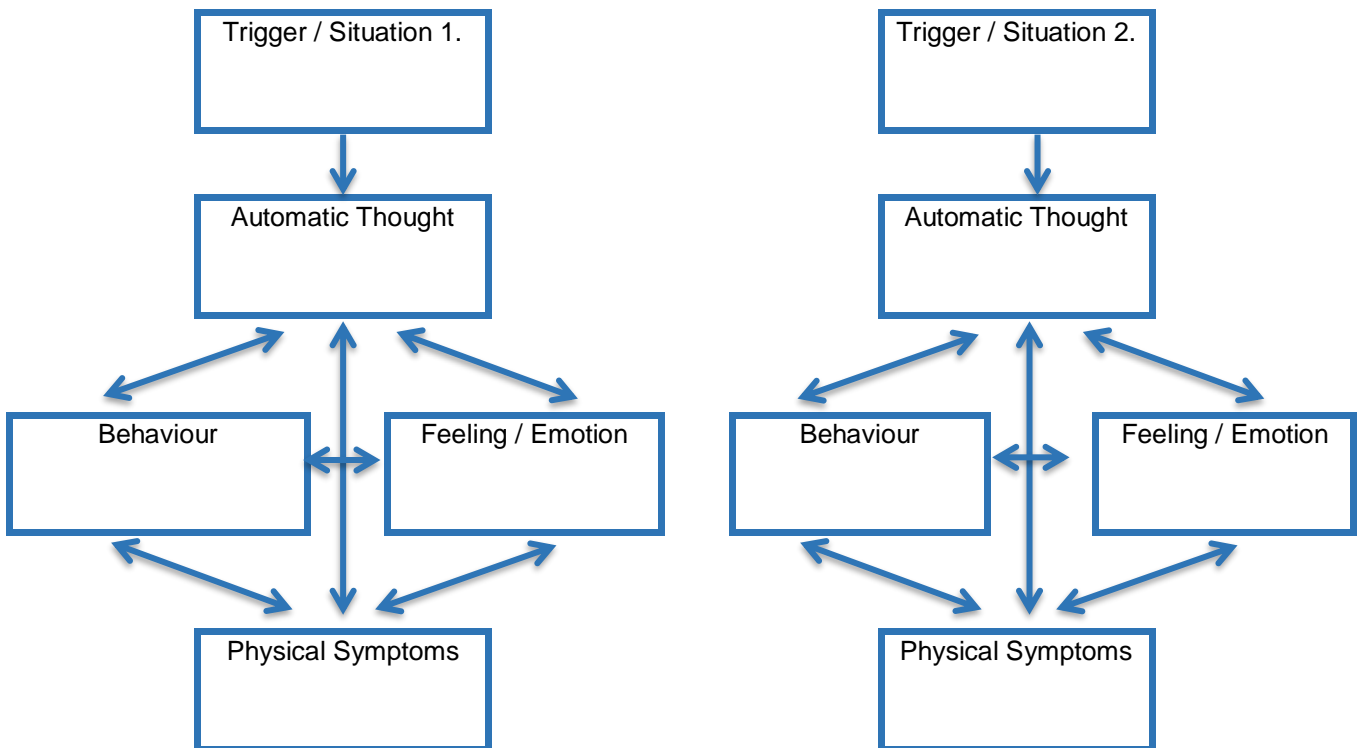
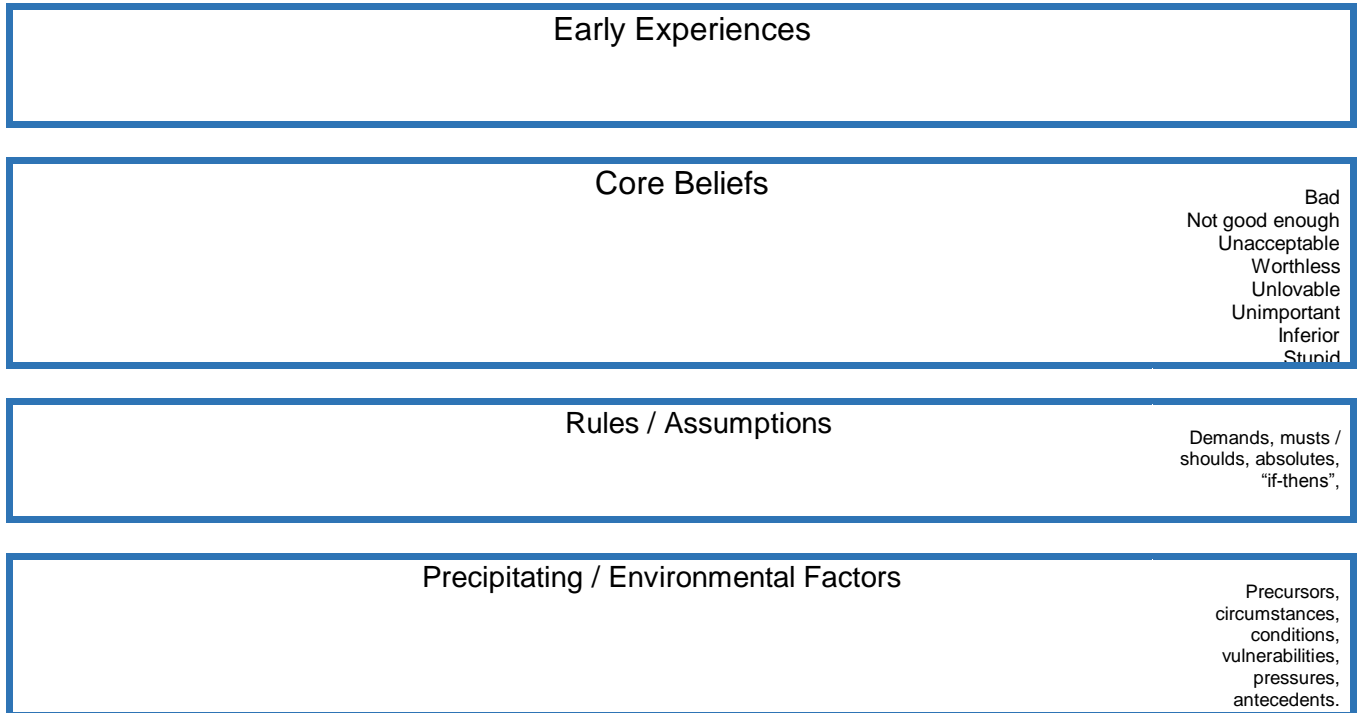


Longitudinal Formulation



New Rules for Living:

New Behavioural Strategies:

Helpful Changes to my Environment or Situation: