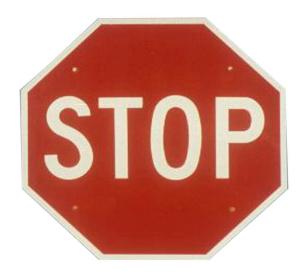
STOP, THINK AND ACT



• Stop: (Stop myself from....)

• Think: *(Tell myself....)*

• Do: (What I'll do instead...)

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