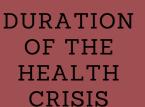
I CAN'T CONTROL

(THEREFORE I NEED TO LET GO OF...)





OR

ACTIONS

MY **CHOICE** OF ACTIVITIES



MY

MY **ACTIONS**

(e.g. compliance with recommendations, what I say)



WHAT IS GOING TO HAPPEN IN THE **FUTURE**



I CAN CONTRO

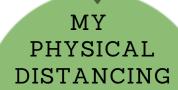
(I THEREFORE SHOULD FOCUS ON THESE

THINGS)

OTHER MY PEOPLE'S REACTIONS



LIFESTYLE





MY INFORMATION AND NEWS DOSAGE





MY LOVED ONES' **APPREHENSIONS**

