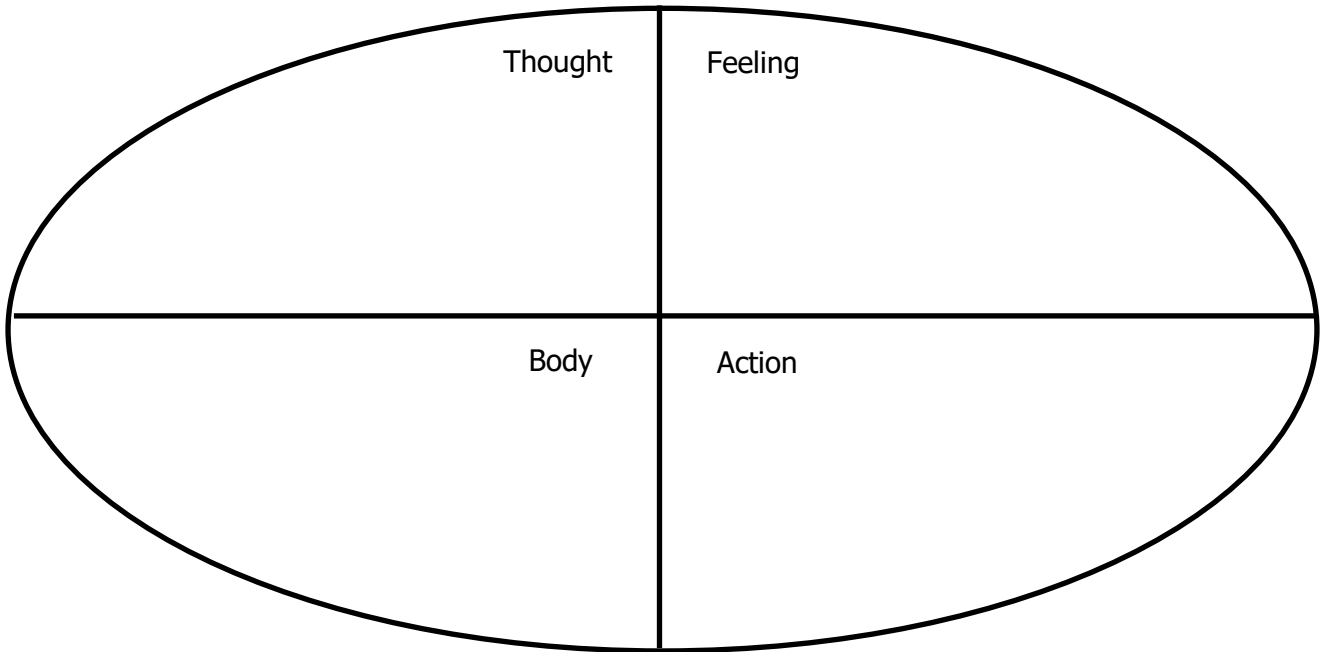


Circle of reactions

A situation where you feel stressed (red energy):

Circle of reactions I normally have in this situation:



Circle of reactions with a new thought in the same situation

