

Wanna Feel Better?



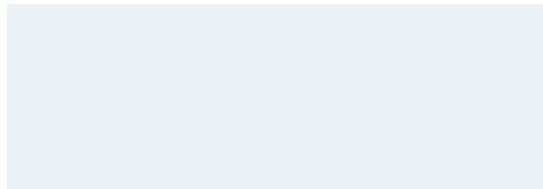
IDENTIFY THE FACTS



WHAT DO YOU WANT TO THINK?



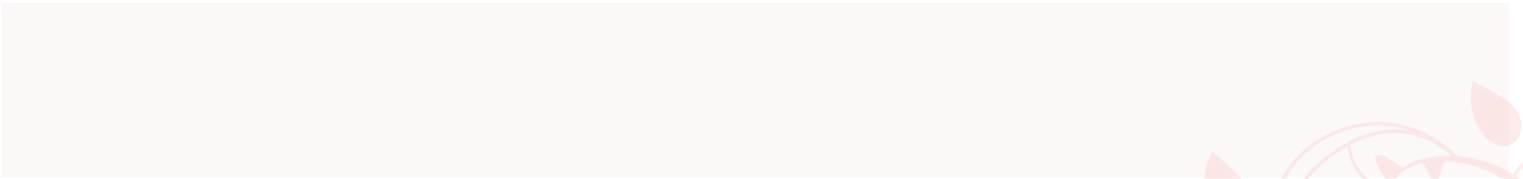
HOW DO YOU WANT TO FEEL?



HOW DO YOU WANT TO BEHAVE?



WHAT DO YOU WANT TO CREATE?



EVIDENCE OF THE TRUTH OF YOUR INTENTIONAL THOUGHT



Wanna Feel Better?



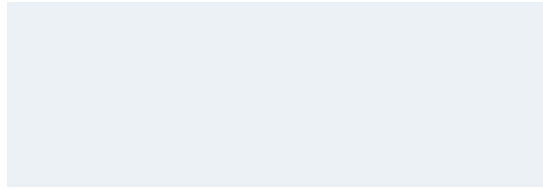
IDENTIFY THE FACTS



WHAT ARE YOU THINKING?



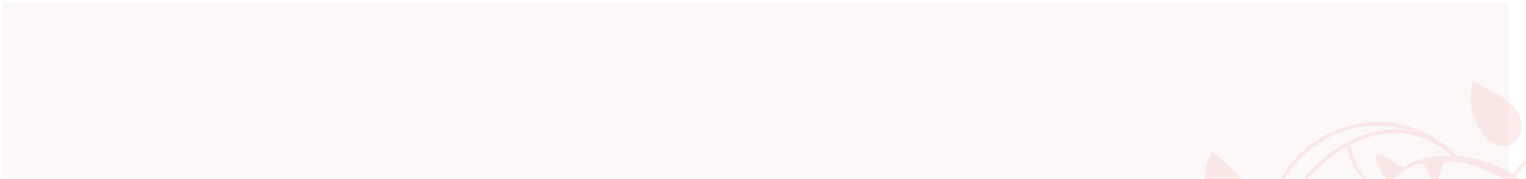
HOW DO YOU FEEL?



HOW ARE YOU BEHAVING?



WHAT DOES THAT CREATE?



WHAT ARE SOME BETTER FEELING THOUGHTS?

