

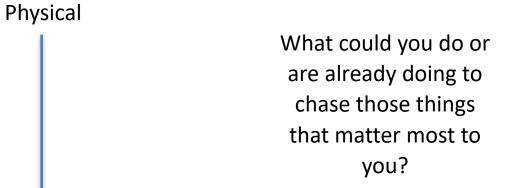
**Notice** 

**Emotion** 

What do you do when the difficult thoughts, feelings or memories show up for you?

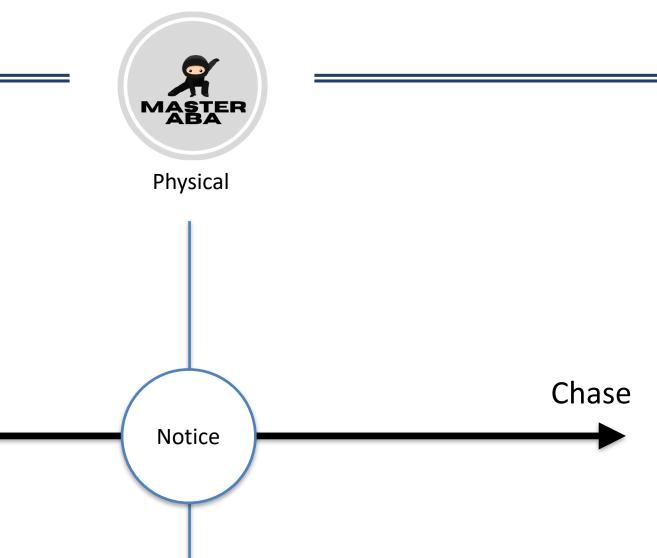
Escape

What difficult thoughts, feelings or memories prevent you from getting the things you chase?



Who and what matters most to you?

Chase



Emotion

Escape