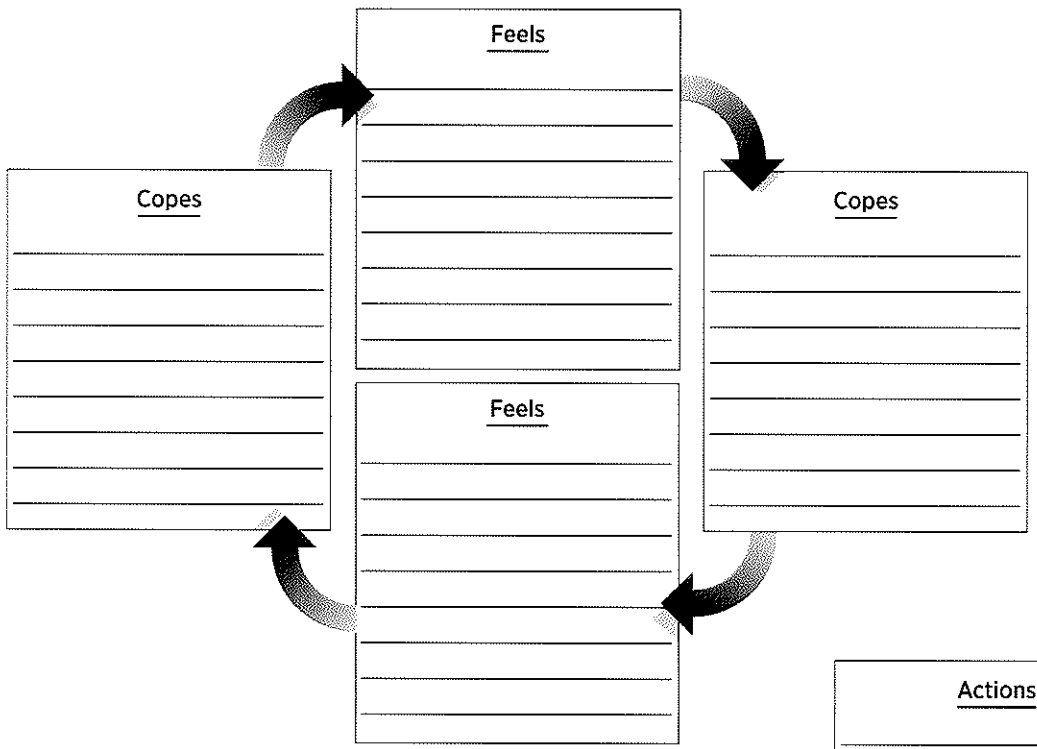
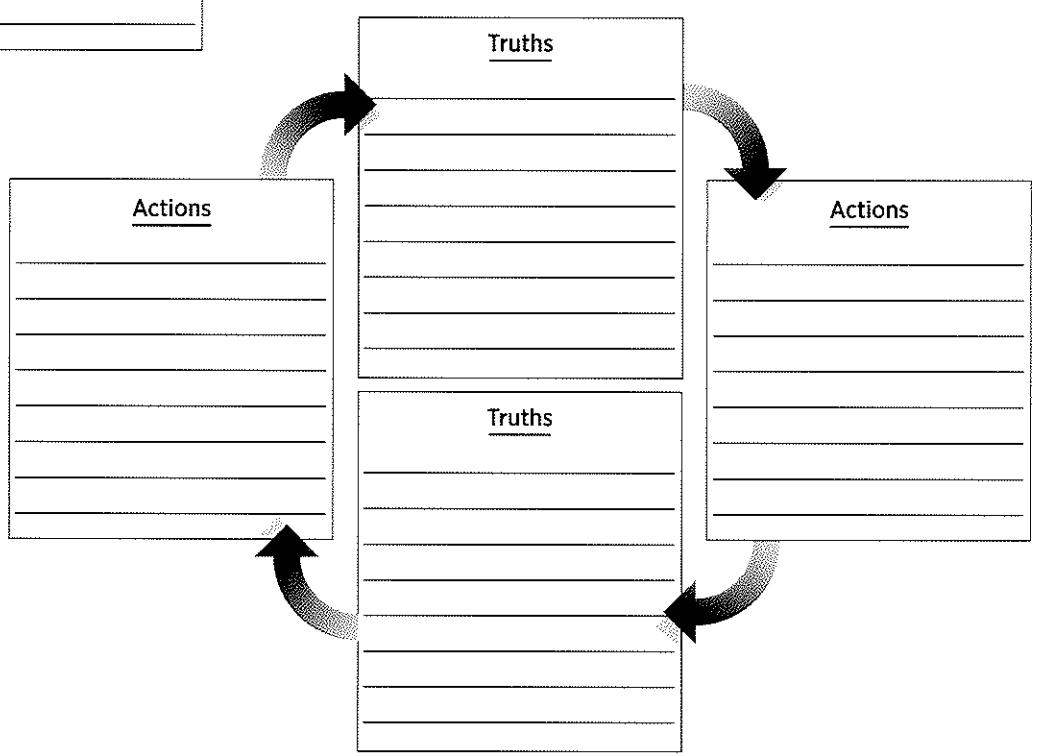
Pain Cycle



THE FOUR STEPS

Step 1: Say what you feel.
Step 2: Say what you normally do.
Step 3: Say the truth.
Step 4: Say what you will do differently.

Peace Cycle