

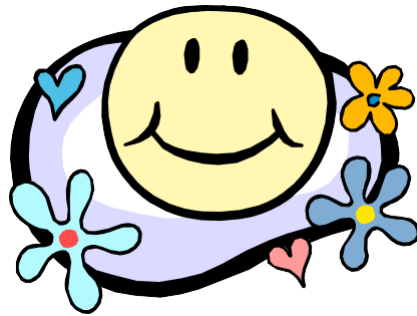
Positive Qualities

Realistic Expectations

Balanced Self-Evaluations

Healthy

Helpful Behaviour



Helpful Behaviour

Self-Esteem

Balanced Rules & Assumptions

Balanced Core Beliefs

Positive Experiences to
Look Out For In Future