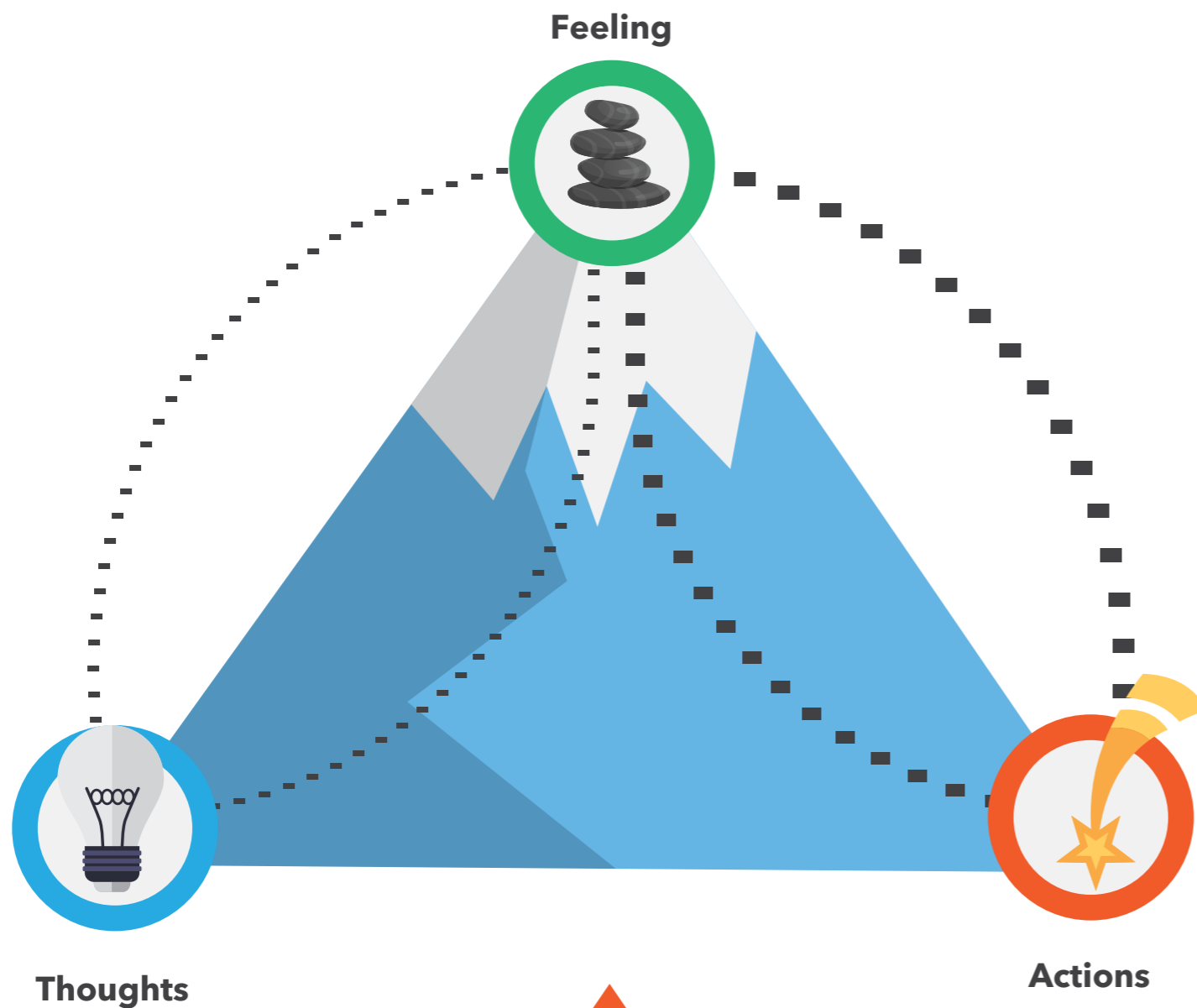


EMOTIONAL MOMENTUM

The Thoughts, Feelings, Actions, Triangle



- 1 Play your trump card
- 2 Think Negatively
- 3 Feel more Negative
- 4 Negative Feelings weight you down