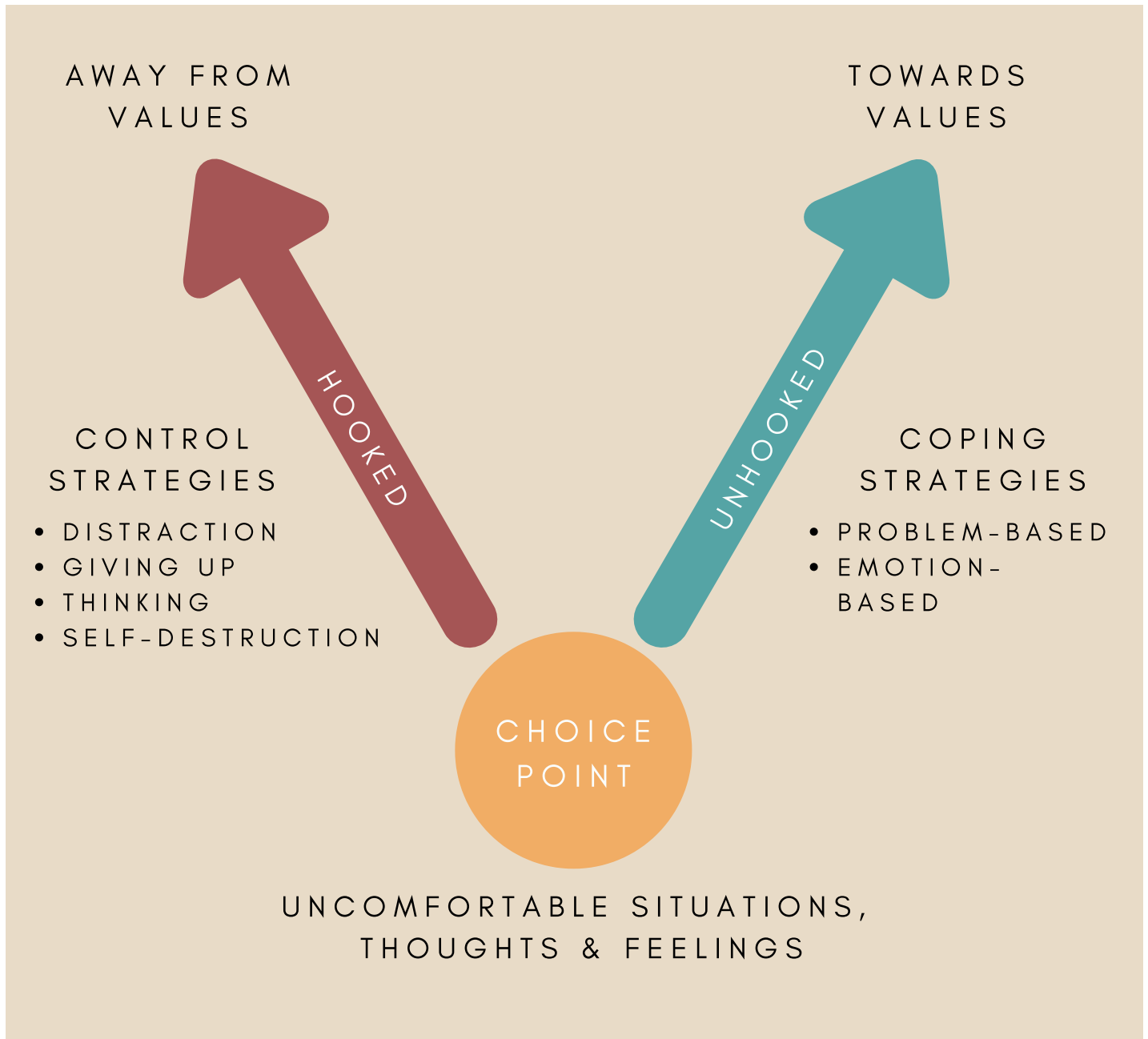


BRAVELY CHOICE POINT



CONTROL STRATEGIES

- | | |
|------------------|---------------------------------------|
| Distraction | - Netflix, meeting friends, household |
| Giving up | - not trying, not asking for help |
| Thinking | - over analysing, making to do lists |
| Self-destruction | - alcohol, drugs |