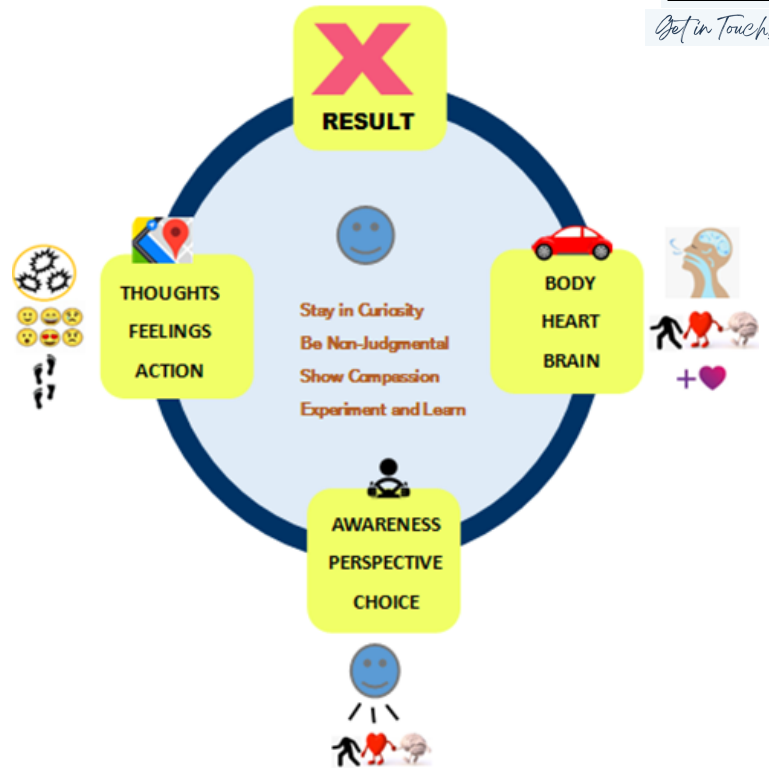
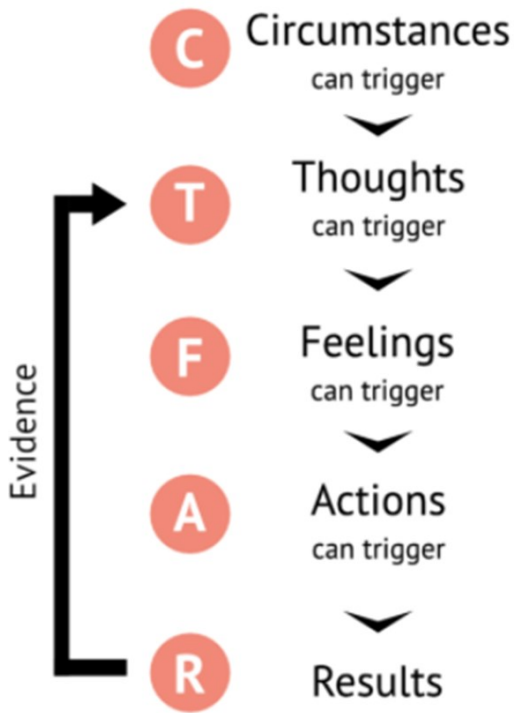




Get in Touch!



	UN-INTENTIONAL	INTENTIONAL
C	Fact	Same Fact
T	What is your current thought focus?	What else is true?
F	How are you feeling right now?	How would you like to feel?
A	What are you doing or not doing?	What action/inaction would best serve you?
R	What is the problem?	What result is likely from this action?