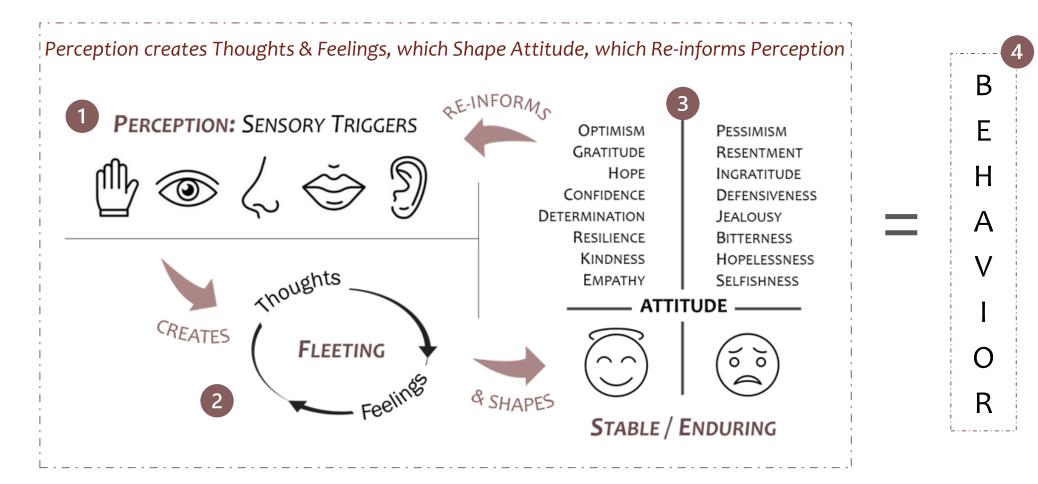
ESSENTIAL RECOVERY DEFINITIONS

Triggers \rightarrow Thoughts \leftrightarrows Emotions \rightarrow Attitudes \rightarrow Behaviors





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