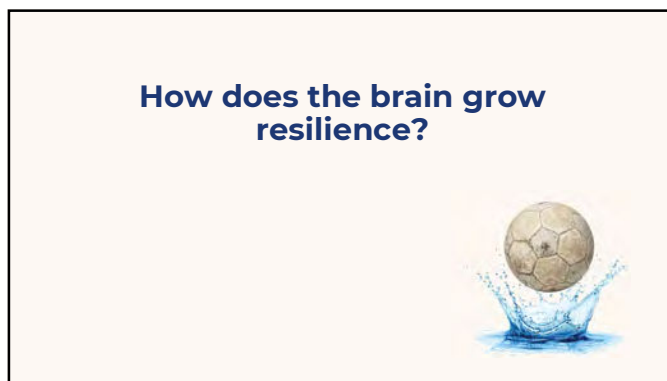
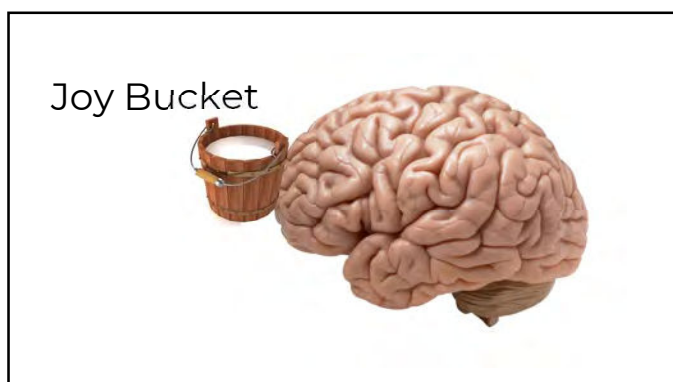




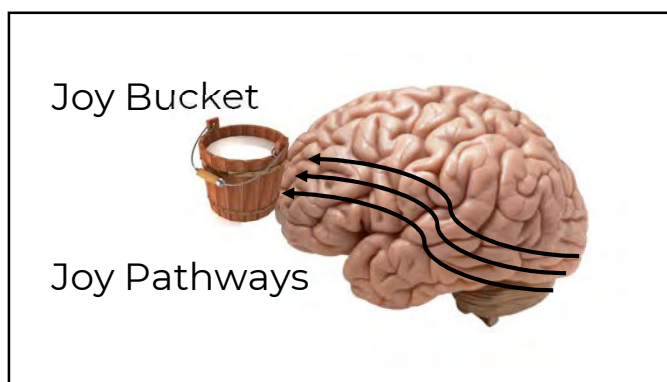
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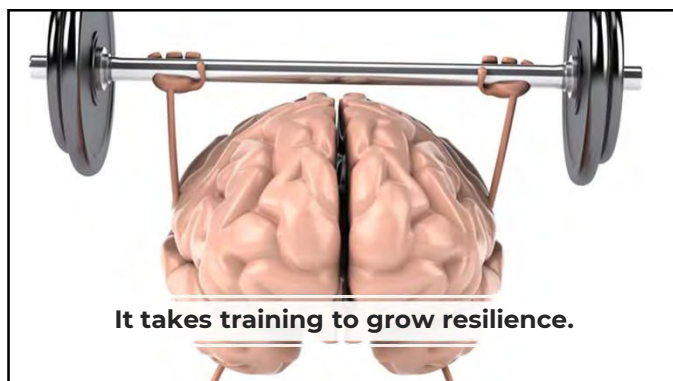
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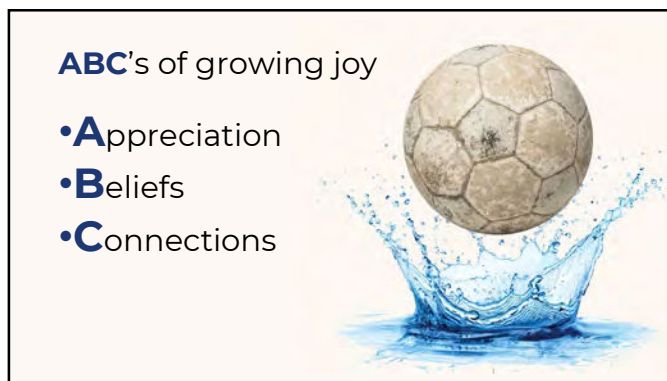
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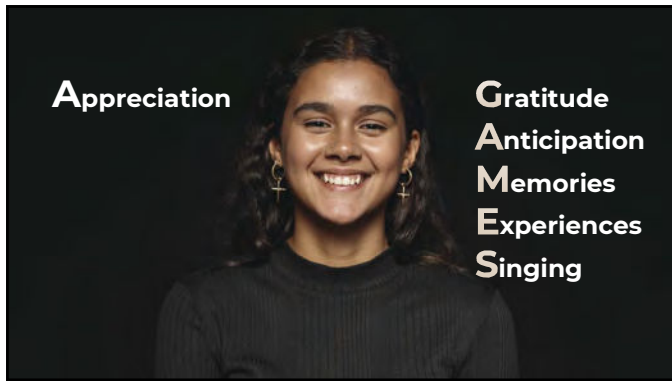
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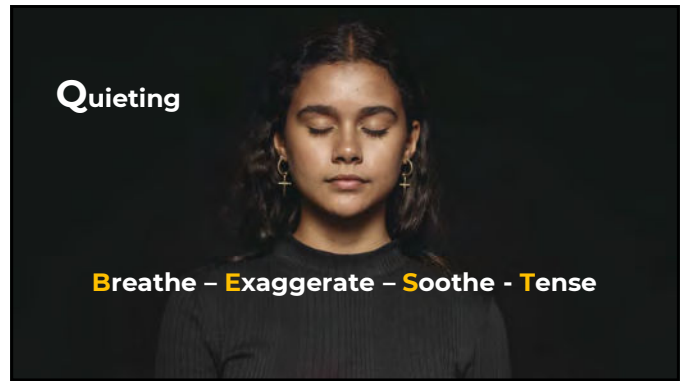
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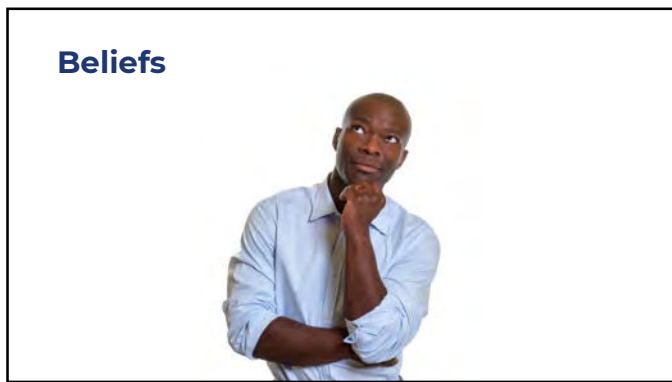
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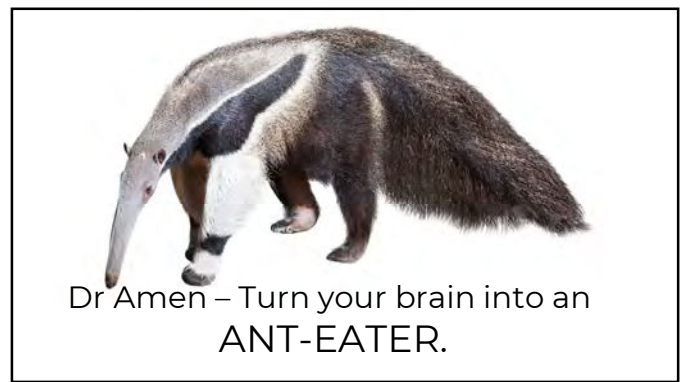
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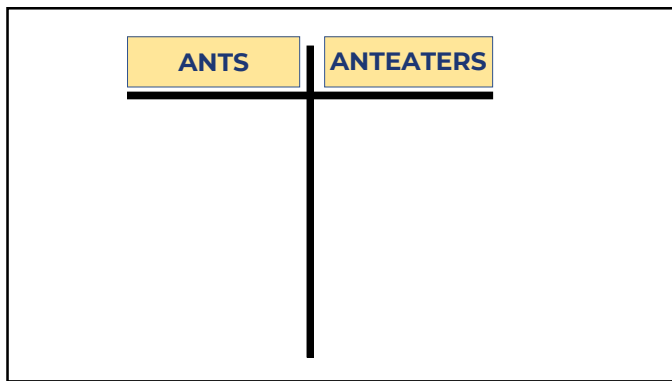
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9




10



11

Calming a Thought Storm

What is the **WORST** thing that could happen?
 What is the **BEST** thing that could happen?
 What is the **LIKELY** thing to happen?
 Create a **PLAN** based on the **LIKELY**.



12



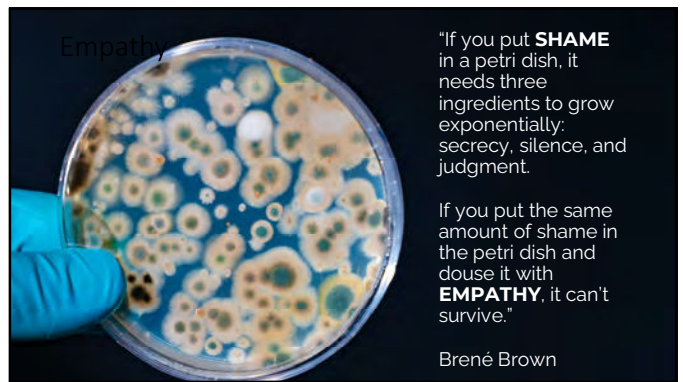
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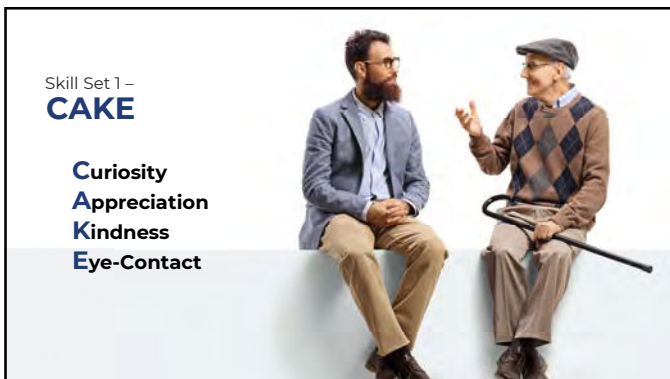
14



15



16



17



18

Skill Set 3 –
**Envelope
 Conversations**

Relational History
Problem to solve
Relational Future



19

BUILDING BOUNCE[®]
 how to grow emotional resilience

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