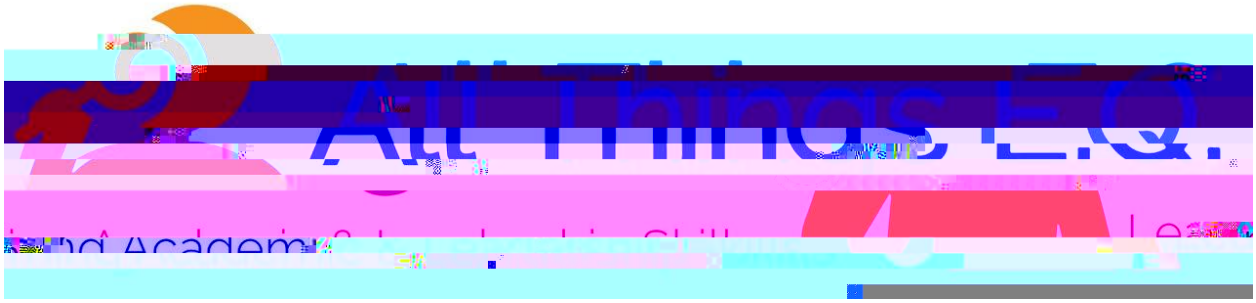

Am I being kind and helpful in this moment?
Am I using helpful self-talk?
Am I making an honest effort?
Am I focusing on solutions instead of problems?

'