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Virtuous Cycle



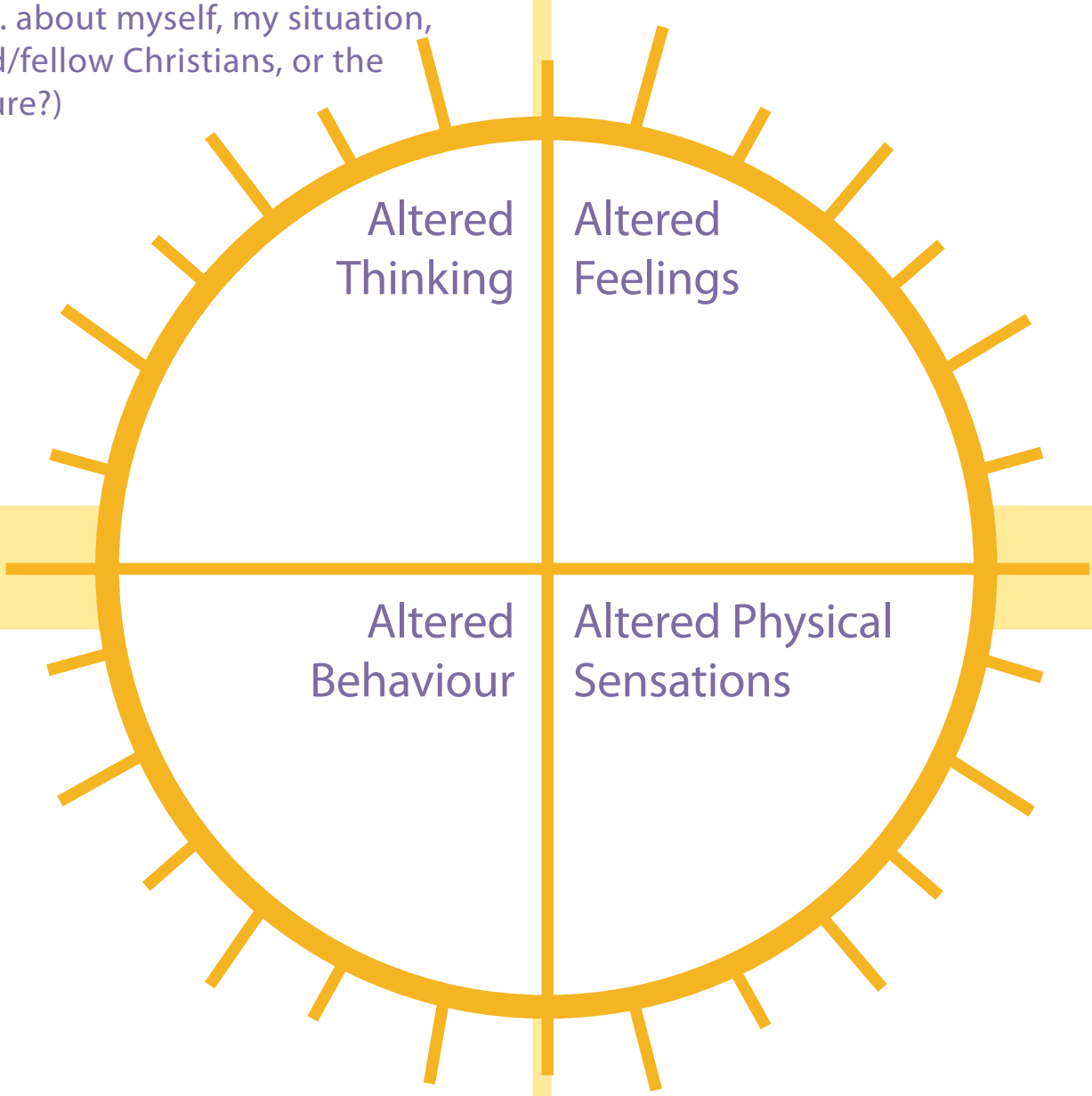
- times when I feel positive physically, emotionally or spiritually

What's going on? Describe the situation:

My thoughts that help:

(e.g. about myself, my situation, God/fellow Christians, or the future?)

My feelings: (e.g. happy, calm)



My behaviour that helps:

My body: (e.g. energised, relaxed)

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