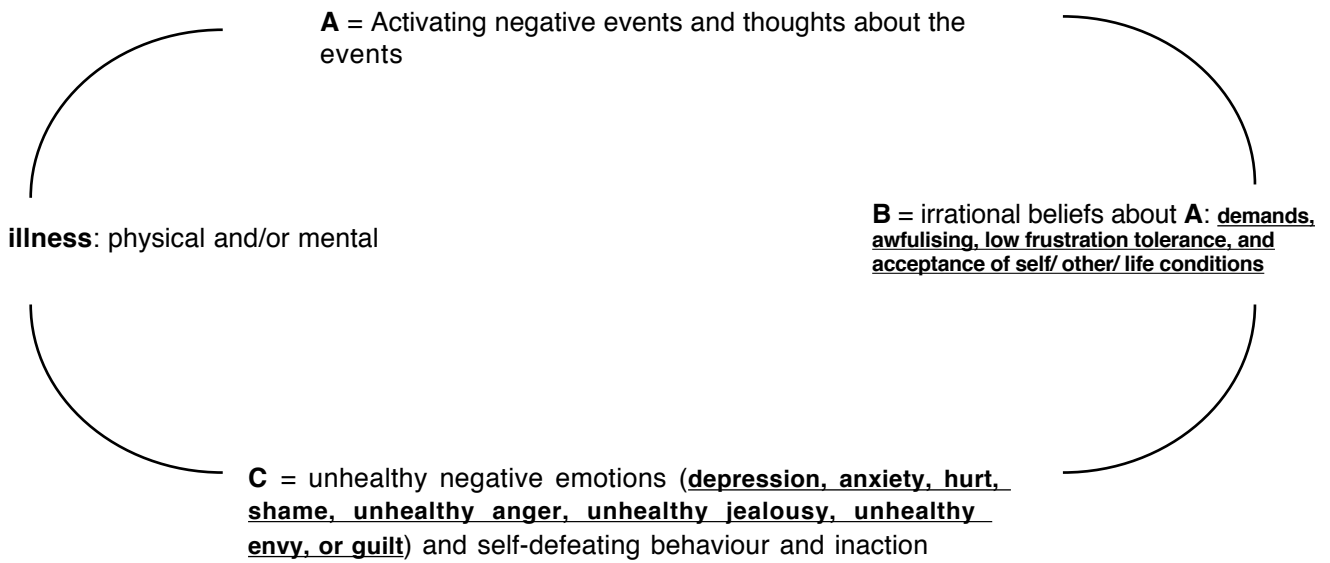


The Vicious Circle of Unhealthy Negative Emotions



The Virtuous Circle of Healthy Negative Emotions

