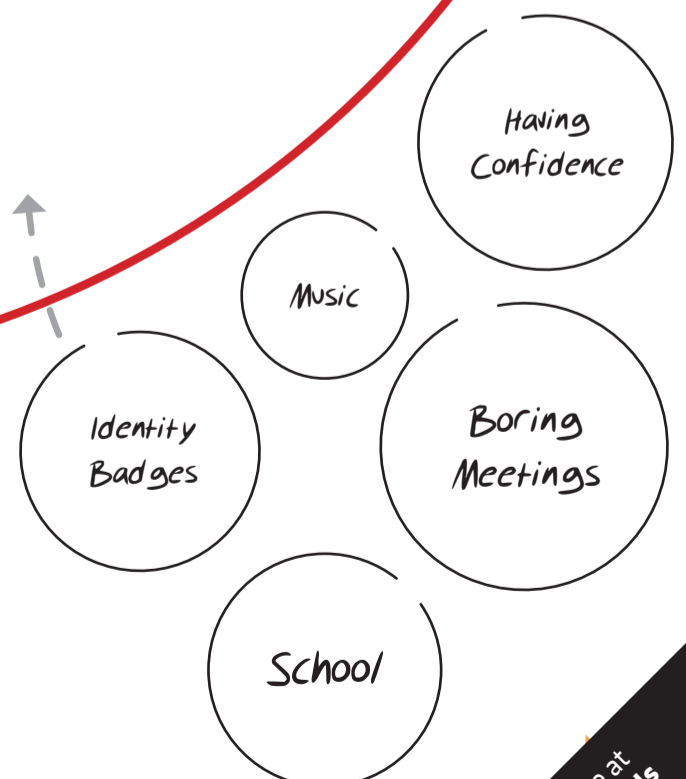
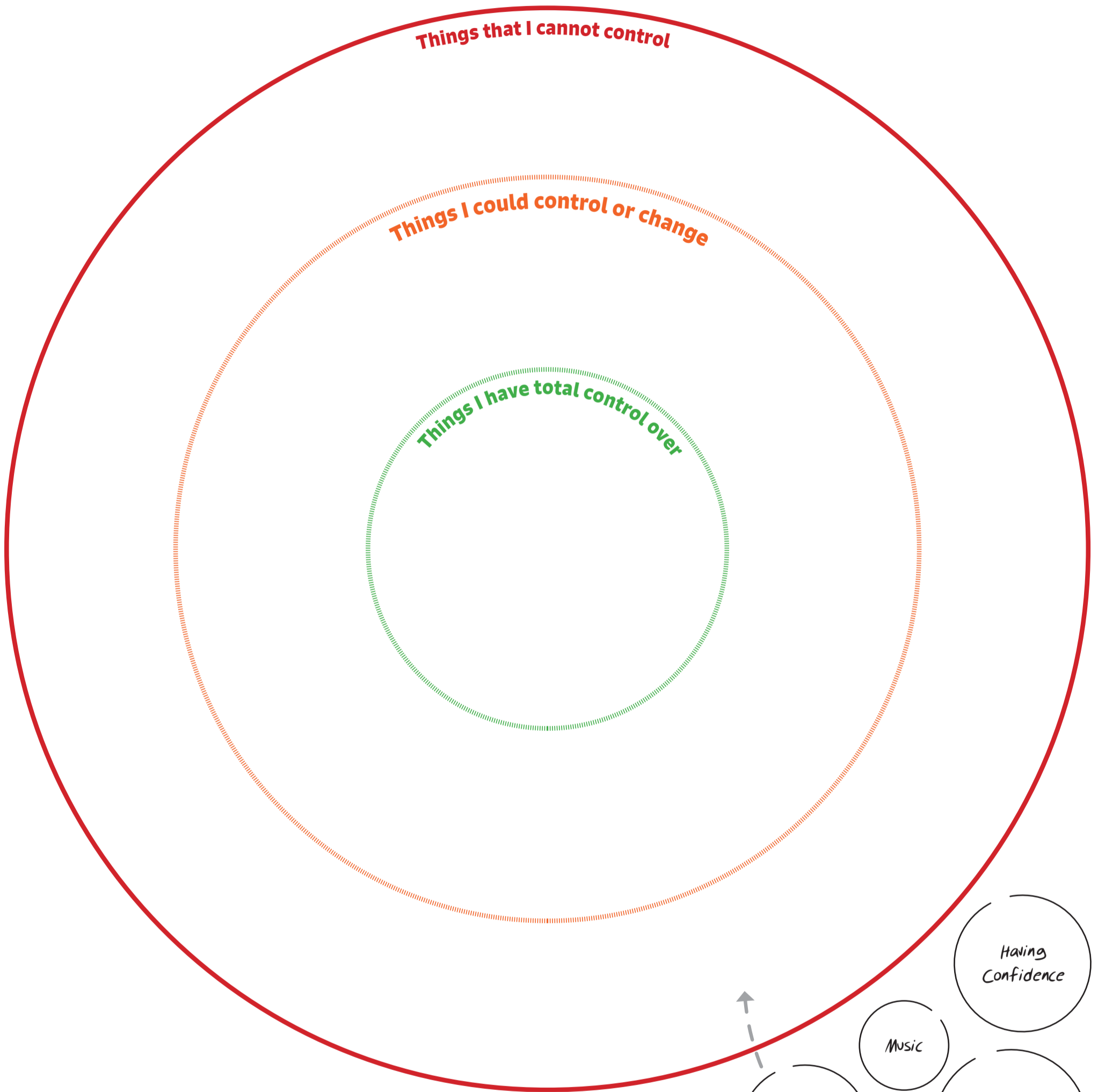


# Make a change to make a difference...



How much control do you have over the things that do your head in?  
Which of the three circles could you write them in?

Are there are things you could do something about to get more or less control?



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