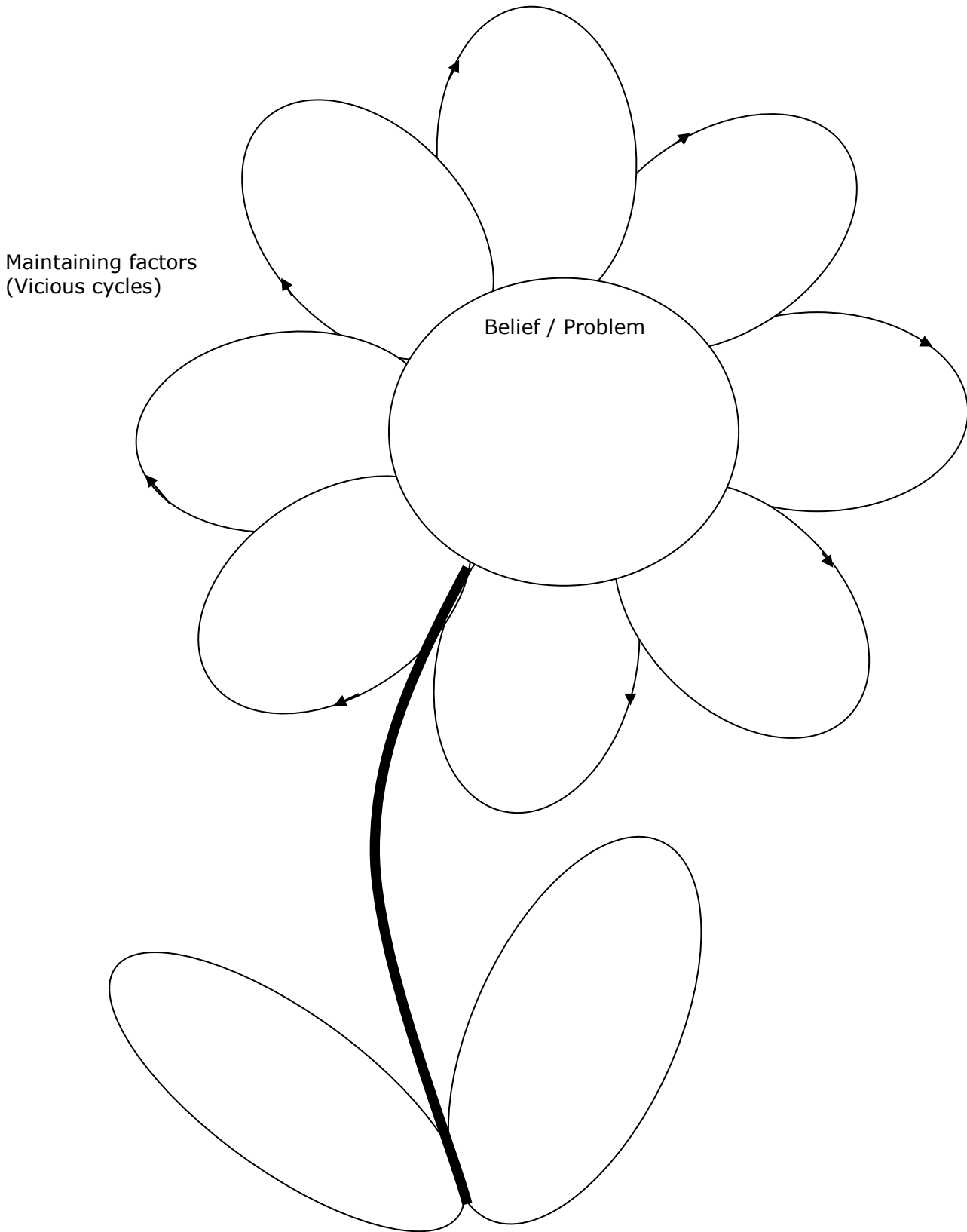


VICIOUS FLOWER FORMULATION

At the central of this 'Vicious Flower' there may be distressing emotion, or unhelpful belief. Each petal in the vicious cycle maintains the distressing emotion or unhelpful belief. We aim to target each petal!



Maintaining factors
(Vicious cycles)

