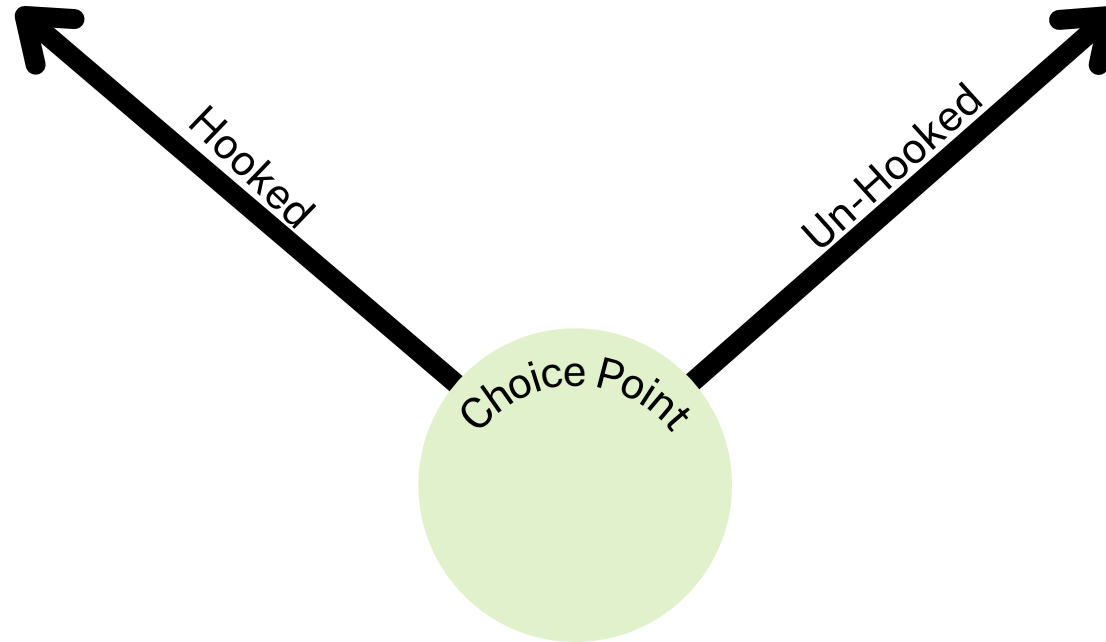


Away

from things I care about

Toward

things I care about



What are the thoughts and feelings that come up?

What is the situation? How does it relate to your values?