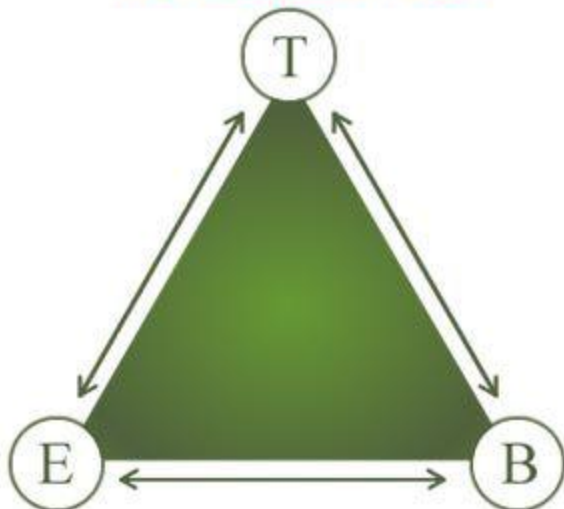


THOUGHTS

What we think affects
how we feel and act



EMOTIONS

How we feel affects
what we think and do

BEHAVIOUR

What we do affects
how we think and feel