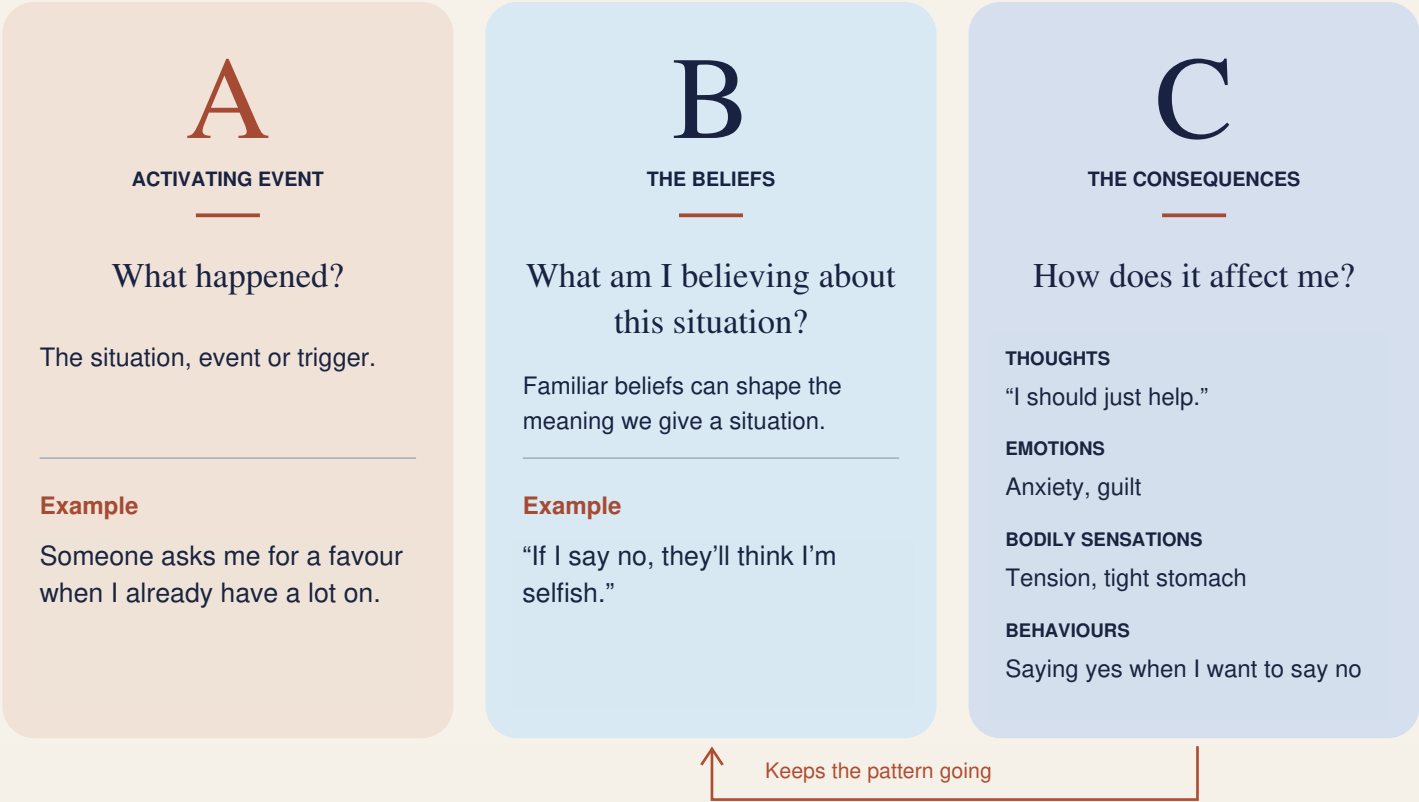


Understand what's going on.

What happens matters. The meaning we give it can also shape how we feel and respond.



What happens next?

Saying yes may bring relief but leaves me overstretched. I don't get to learn that having limits doesn't make me selfish, even if someone is disappointed.

Explore your beliefs

