

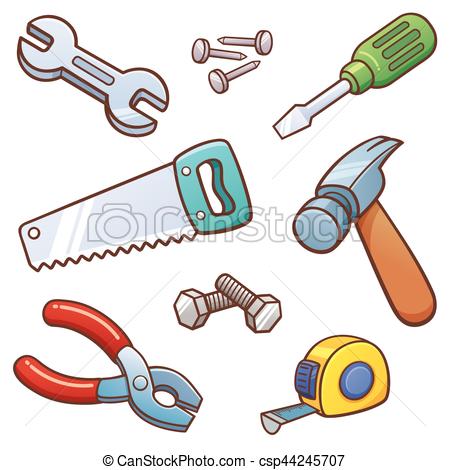


**BE PREDICTABLE**

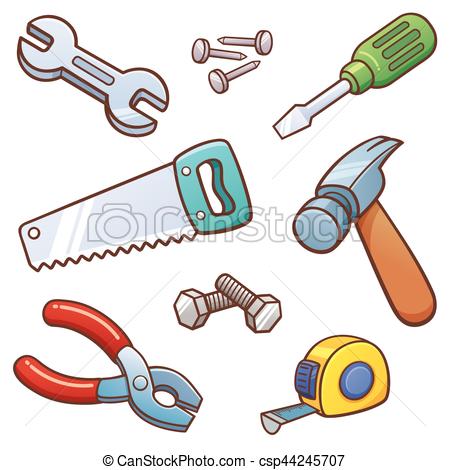
**AUTHENTICITY**



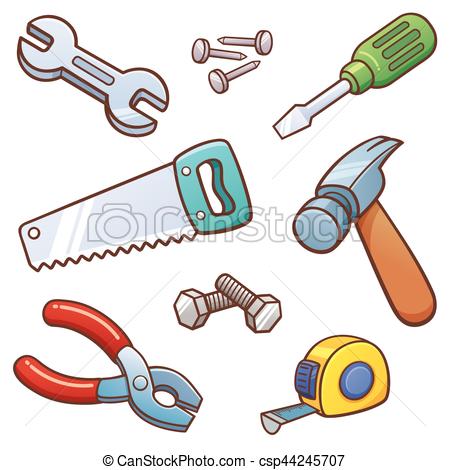
**TAKE CARE OF YOURSELF**



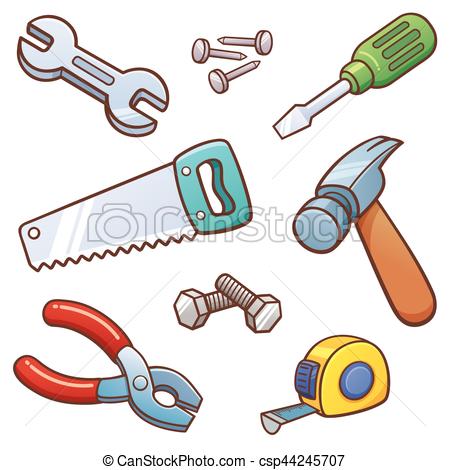
**INTERPRET MILDLY**



**NO PUNISHING OR REWARDING**



**EMOTIONS ARE OK**



**LONG-TERM GOALS**

**TOOLBOX MILD UPBRINGING:**

