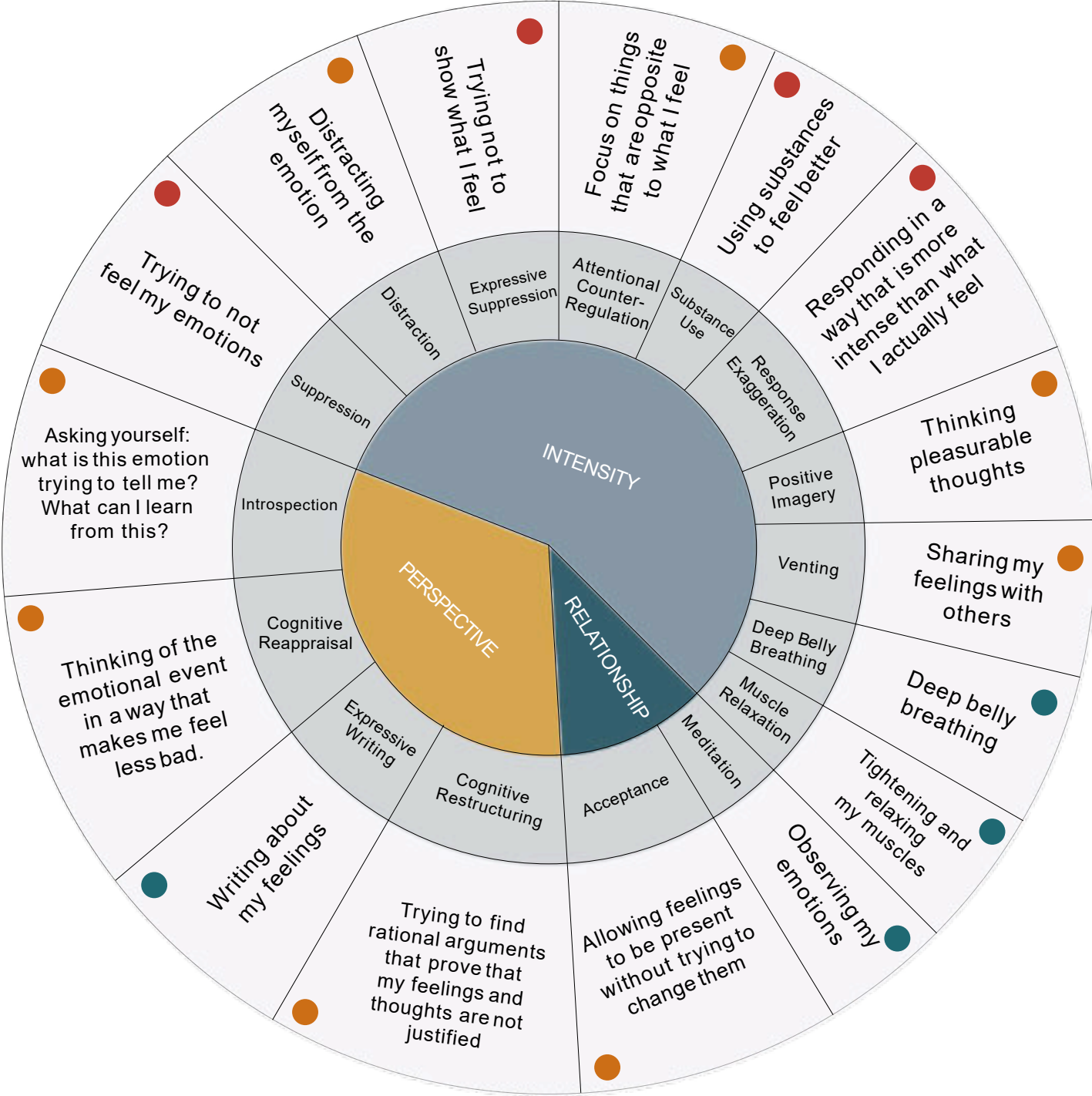


THE EMOTIONAL REGULATION WHEEL:



Use



Use with caution



Do not use