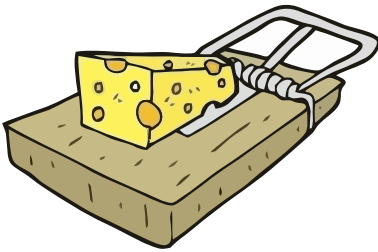
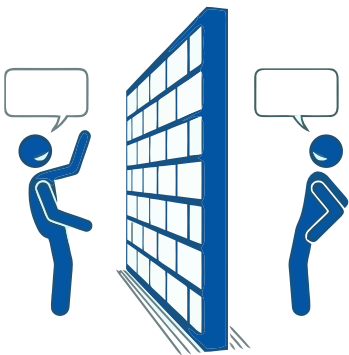


**TIPS TO ESCAPE THE TRAP!**



1. Recognize the trap



2. Consider the situation from another angle



3. Form a more positive (and accurate!) thought