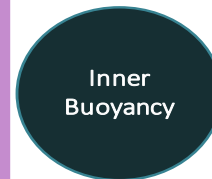
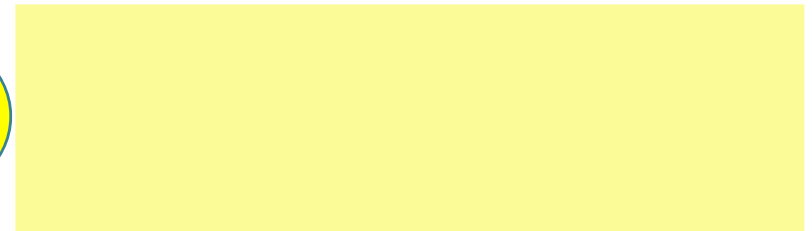


Changes Made & Skills Acquired





Warning Signs of Relapse

Behaviour

Feelings

Physical

Thoughts



Actions to Strengthen Resilience

