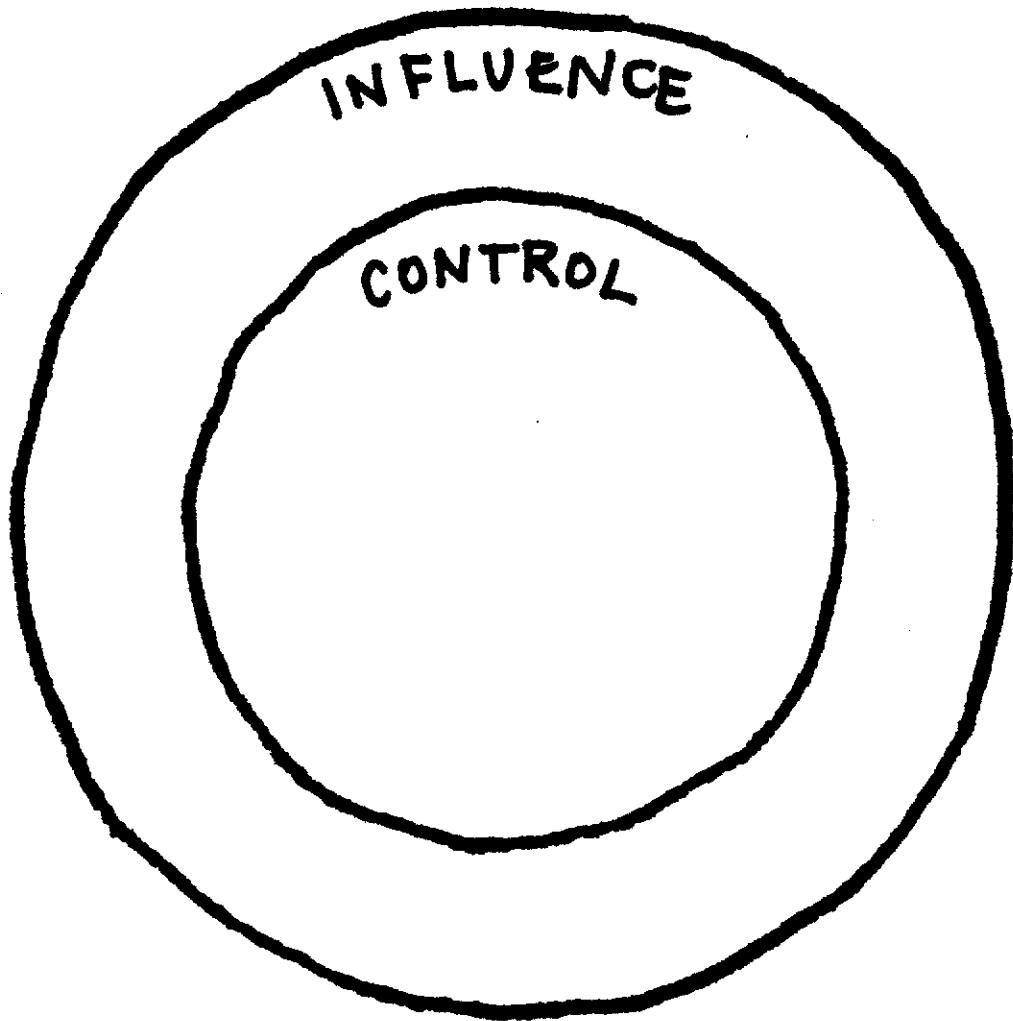


OUT OF MY CONTROL



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STRATEGIES TO FOCUS MY EFFORTS:

# OUTSIDE MY CONTROL / MY MENTAL ILLNESS

