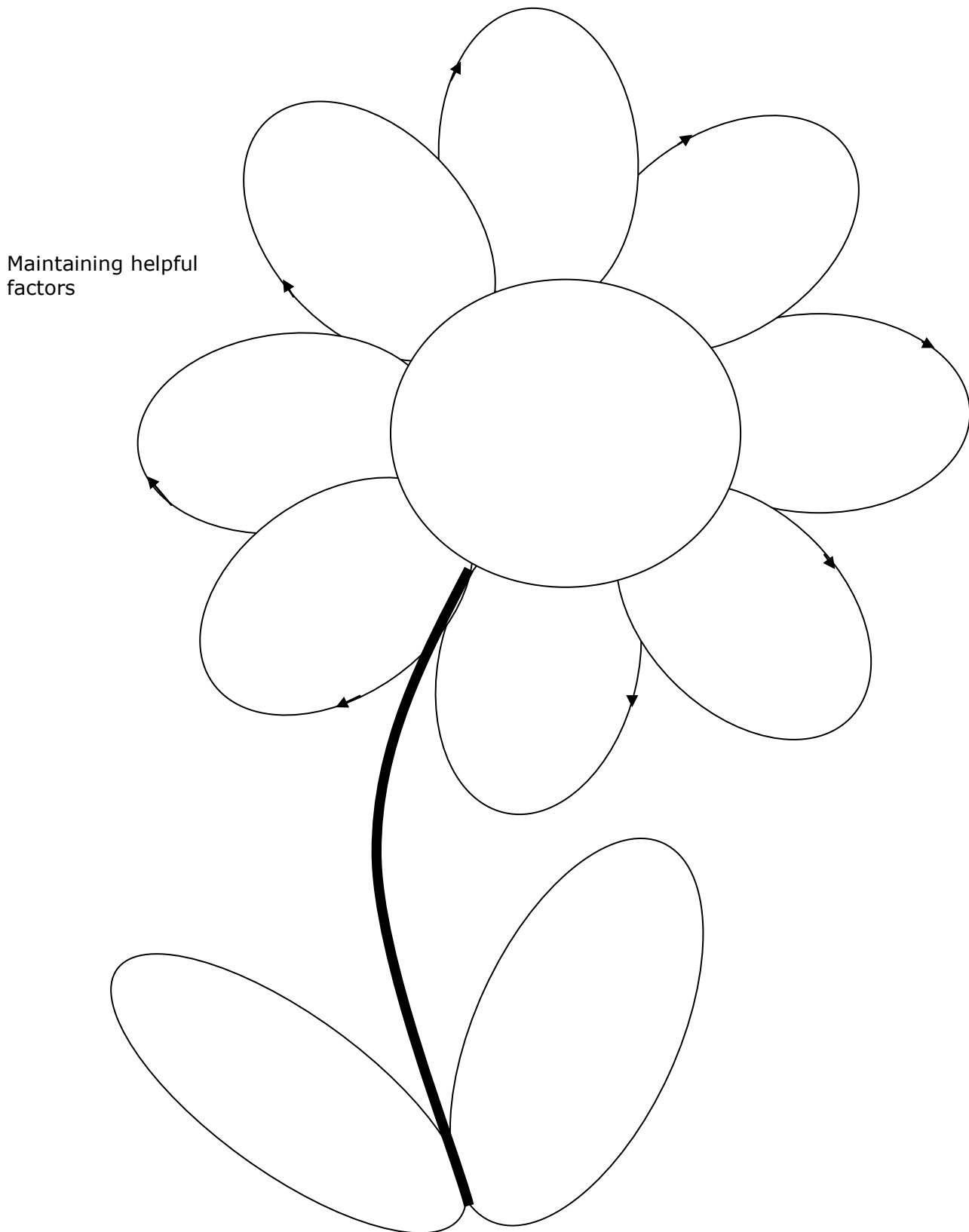


## Virtuous Flower: The New or Healthy Me



*The main central circle of the 'Virtuous Flower' contains the desired therapy outcome, which may be an emotion or helpful belief. The petals are the 'virtuous cycles' which help to bring about and/or maintain the 'New' or 'Healthy Me'*