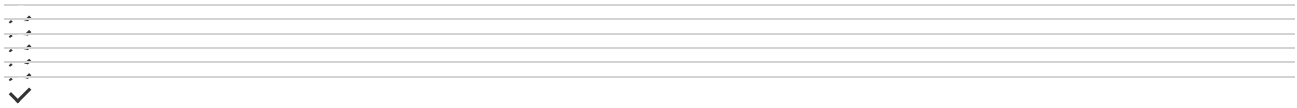
Sources of my Stress

The things, the people, and my behaviors that I will eliminate from my life because they are the source of my stress, anxiety, and anger.



Created By Marvin Russell - https://marvlus.ai