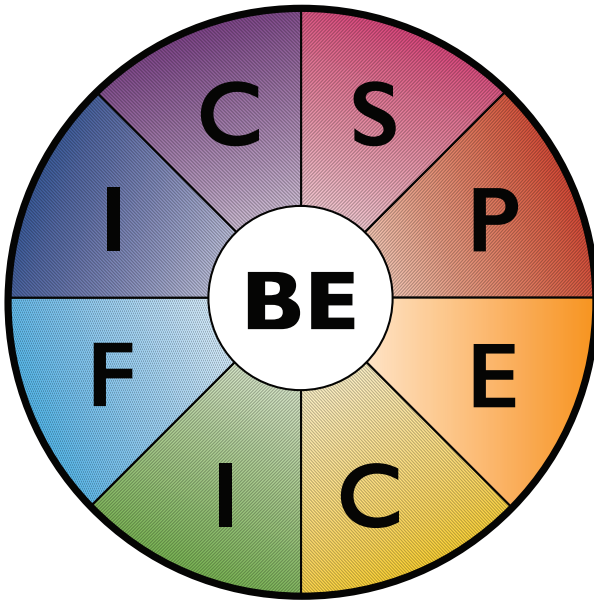




BE

Breathe
Experience

SPECIFIC

Specific events
Physical sensations
Emotions
Cognitive beliefs
Identify • Imagine • Investigate
Find similar events
Intensity rating
Core identity