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|  | Workability | Stepping back / Holding thoughts and stories lightly | Being here now and being willing | Contacting / clarifying what matters and taking steps |
| Model |  |  |  |  |
| Instigate |  |  |  |  |
| Reinforce |  |  |  |  |

Therapist Hooks / Other notes:

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Therapist Hooks / Other notes: