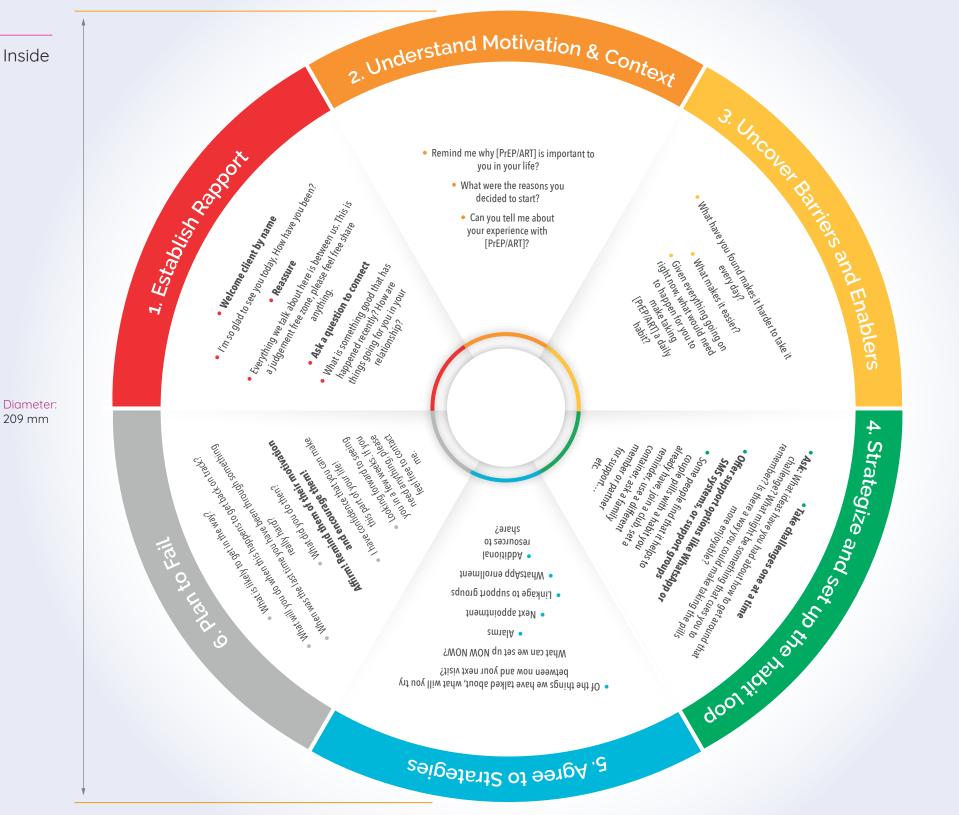
Front

Diameter: 191 mm

Paper: Glossy art paper matt laminated

Grammage: 200gsm







Diameter: 191 mm



- It makes sense to me that... Examples:
- If it's making you feel unwell you'd be tempted to stop...
- If your partner is giving you grief you'd be asking yourself if it is worth it...

I appreciate you because...

- Examples:
- I appreciate the way you are taking responsibility for your family

Affirmation

 I admire how you have found a way to stay hopeful even when things are so hard



I imagine you could be feeling...

Examples:

- I imagine you could be feeling a little hopeless
- O I imagine you might be feeling afraid

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