take care of others but myself	people	come to terms with my past	realize my full potential	know my strength and weakness
be a supportive friend	stop negative and critical thinking	make poor decision	I hang out with negative or emotionally unheathly	put forth new ideas
set limits	take unsafe risks and pay the consequences	**FREE**	See mistakes as opportunities for growth	express myself openly & honesty
have a good sense of humor talk things through in tough time	recognize what i do well	have faith	experience increased self confidence	make effective decision
experience increased self confidence	Volunteer to help others	manage my time well	talk things through in tough times	be good family member

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take unsafe risks and pay the consequences	I hang out with negative or emotionally unheathly	realize my full potential	be a supportive friend	make poor decision
come to terms with my past	talk things through in tough times	know my strength and weakness	Volunteer to help others	put forth new ideas
have a good sense of humor talk things through in tough time	See mistakes as opportunities for growth	**FREE**	express myself openly & honesty	people
experience increased self confidence	manage my time well	take care of others but myself	be good family member	recognize what i do well
have faith	make effective decision	set limits	stop negative and critical thinking	experience increased self confidence

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Volunteer to help others	manage my time well	I hang out with negative or emotionally unheathly	make effective decision	See mistakes as opportunities for growth
take care of others but myself	have a good sense of humor talk things through in tough time	have faith	stop negative and critical thinking	know my strength and weakness
set limits	be good family member	**FREE**	recognize what i do well	experience increased self confidence
take unsafe risks and pay the consequences	put forth new ideas	realize my full potential	talk things through in tough times	come to terms with my past
express myself openly & honesty	people	make poor decision	be a supportive friend	experience increased self confidence

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