Understanding	Acceptance	Fear	Self	Patience
Defining Boundaries	Trust	Respect	Communication	Support
Understanding	Cooperation	**FREE**	Friends	Long-term
Short Term	Partners-relationships	Sadness	Feelings	Protective Boundaries
Decisions	Shame	Encouragement	anger	Family

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Understanding	anger	Communication	Partners-relationships	Defining Boundaries
Self	Long-term	Fear	Protective Boundaries	Cooperation
Friends	Acceptance	**FREE**	Feelings	Sadness
Family	Understanding	Encouragement	Short Term	Decisions
Patience	Forgiveness	Support	Respect	Trust

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Short Term	Feelings	Understanding	Family	Self
Shame	Support	anger	Partners-relationships	Cooperation
Sadness	Communication	**FREE**	Friends	Fear
Forgiveness	Patience	Decisions	Acceptance	Understanding
Trust	Respect	Long-term	Protective Boundaries	Encouragement

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