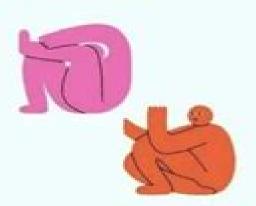
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Trying to control things we can't control

Spending time on things that don't matter

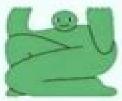
Being too hard on ourselves



worrying what people think about us Trying to prove our worth to everybody



Trying to be someone we are not



comparing ourselves to others



Reminding ourselves of past mistakes

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Jiyuan Zhang

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