

ABCDE Method of Gaining Conscious Control

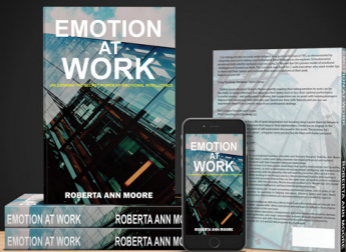
Activating Event

Belief

Consequence

Debate and Dispute

Effect



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