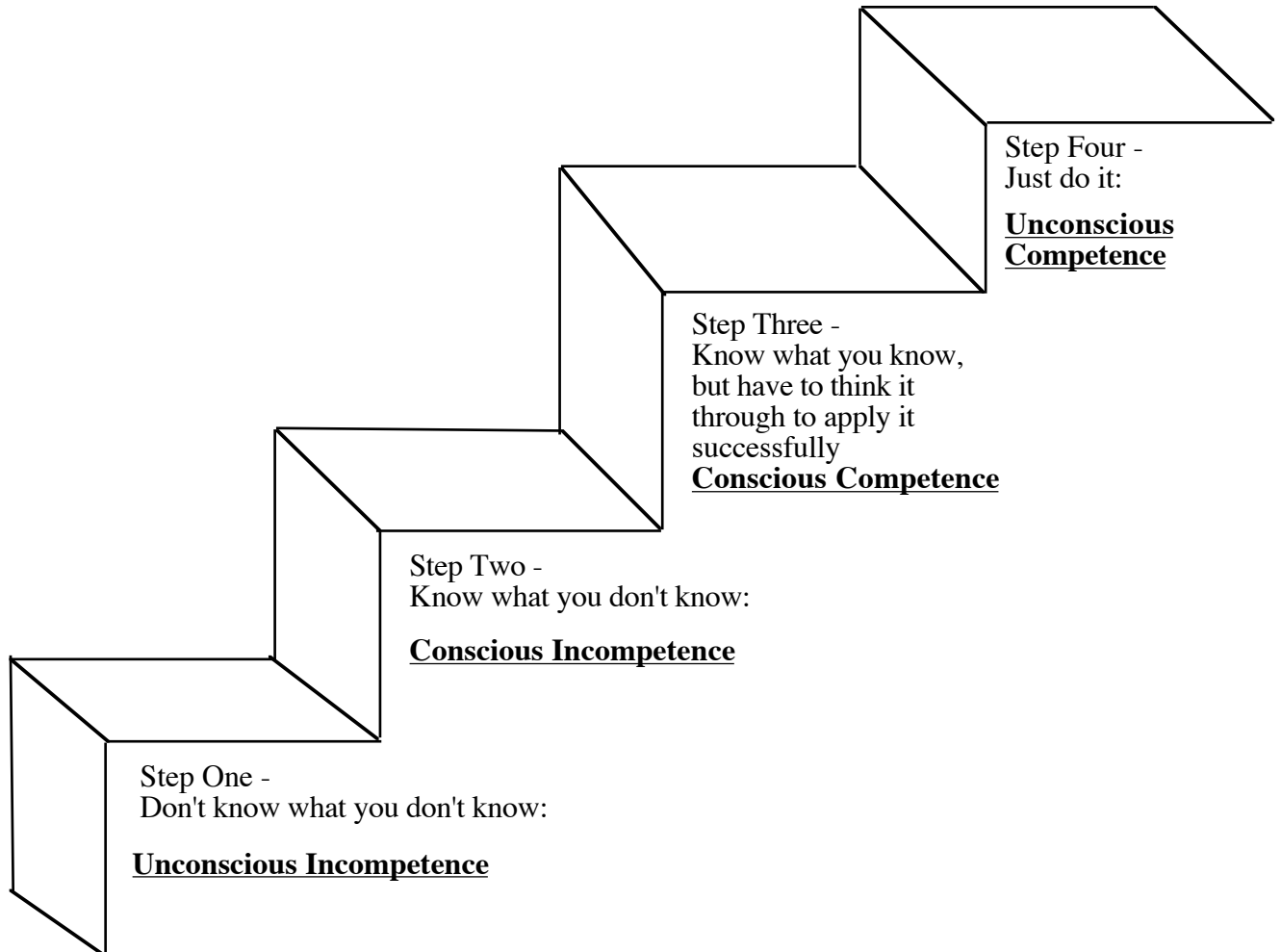


STEPS TO NEW AWARENESS AND SKILLS



Change can be uncomfortable until the fourth step is reached.

Then it's rewarding.

Source: *The Empathic Communicator* by W. S. Howell