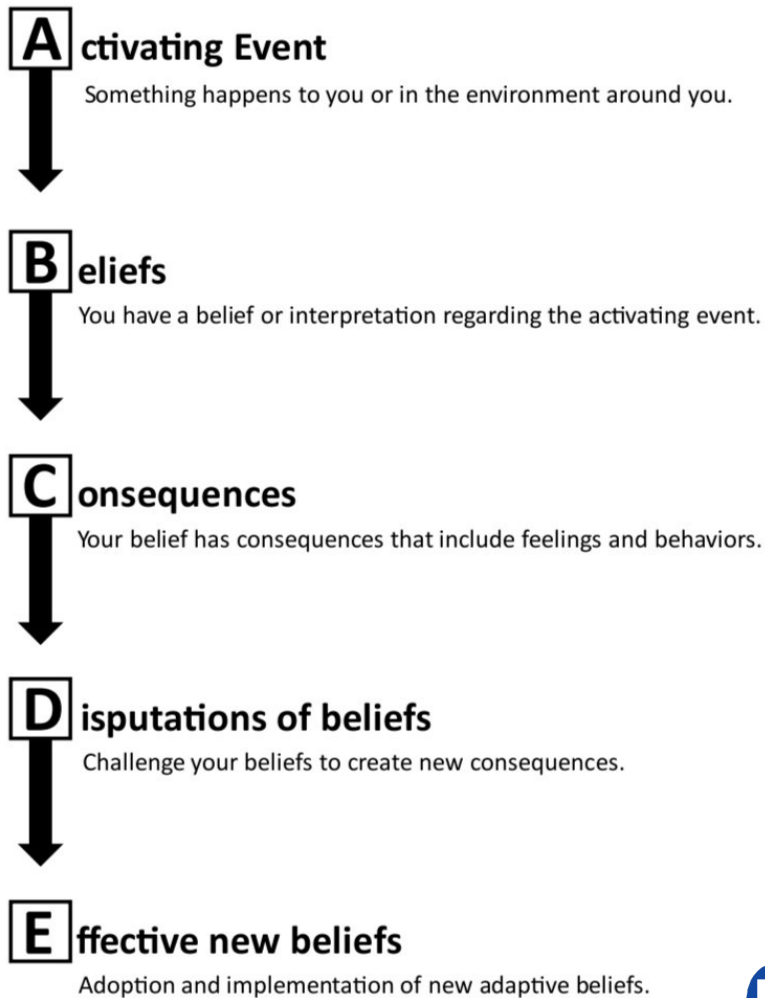


ABC Model



**IN THE HEAT OF THE
MOMENT, COUNT
EACH STEP OFF ON
YOUR FINGERS.
IT WILL GROUND YOU
AS YOU WORK
THROUGH THE
PROCESS.**

