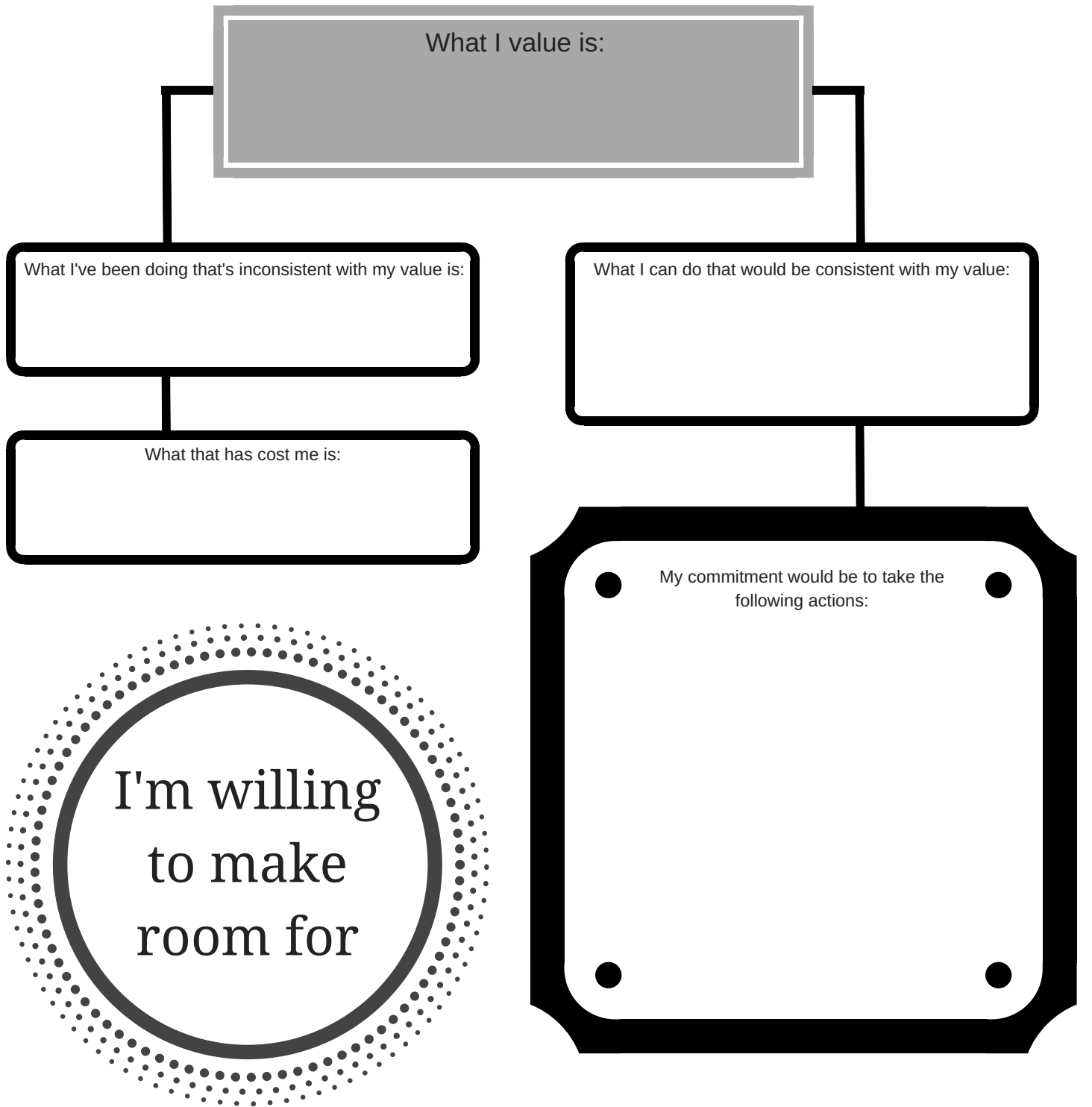


# Commitment Exercise



Thoughts & images such as:

Feelings such as:

Memories such as:

Urges & sensations in my body such as: