

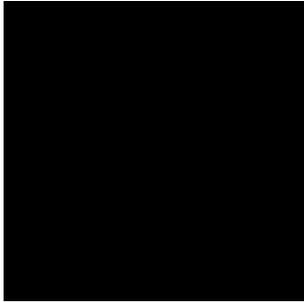
Fear and Being Alone with Thoughts



Shame, Guilt and The Victim Rescuer Persecutor Cycle



Stopping Rumination



and Rumination