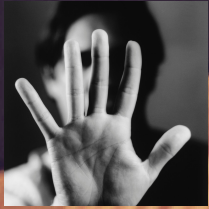


# SHIFTING OUT OF THE “VIRAL SPIRAL”

## FROM



**Denial**



**Panic**



**Crazed**



**Sacrifice**



**Selfish**



**Protected**



**Distrust**



**Tense**



**Growly**



**Over-informed**



**Overachieving**

## TO



**Acceptance**



**Prepared**



**Calm**



**Selfless**



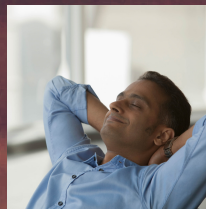
**Sharing**



**Open**



**Trust**



**Relaxed**



**Grateful**



**Informed  
enough**



**Enough-ness**



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