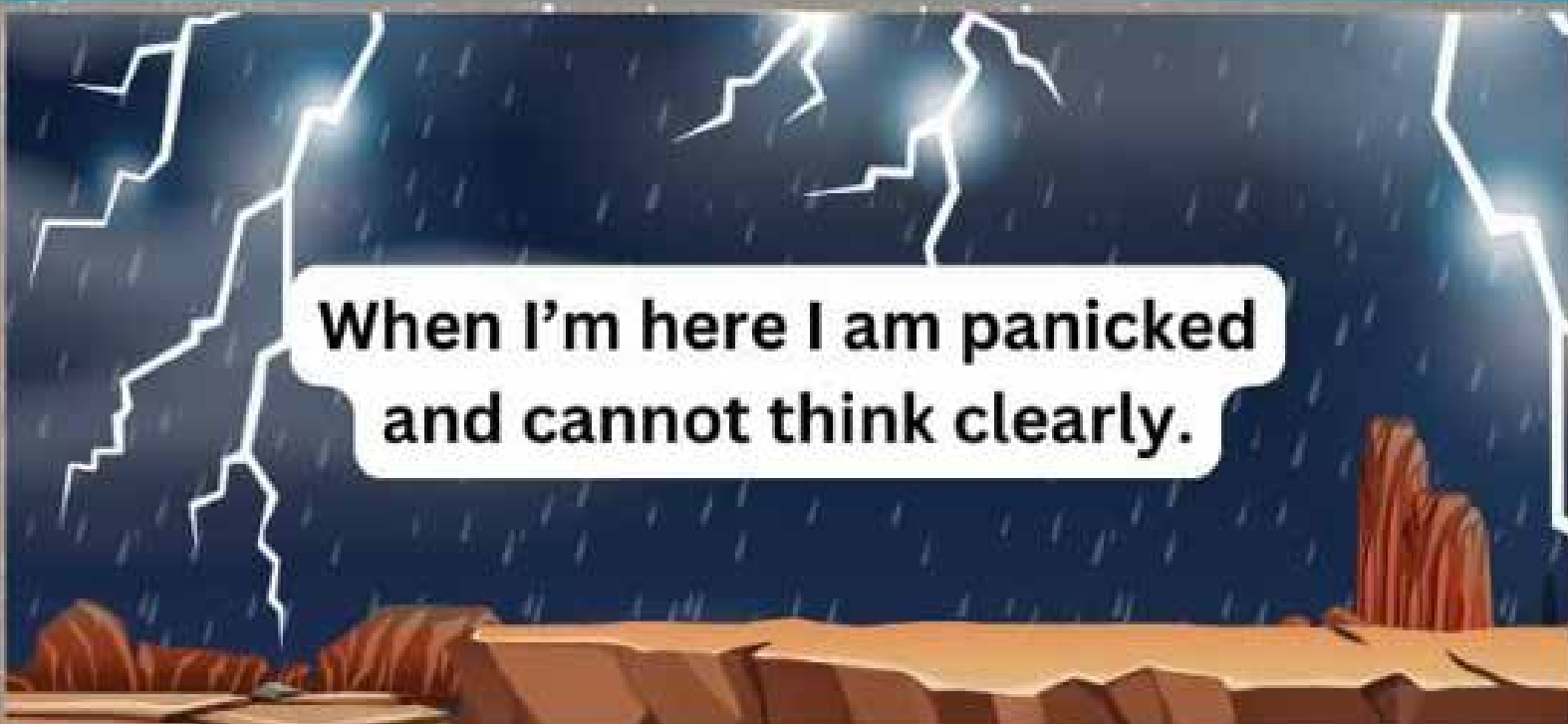
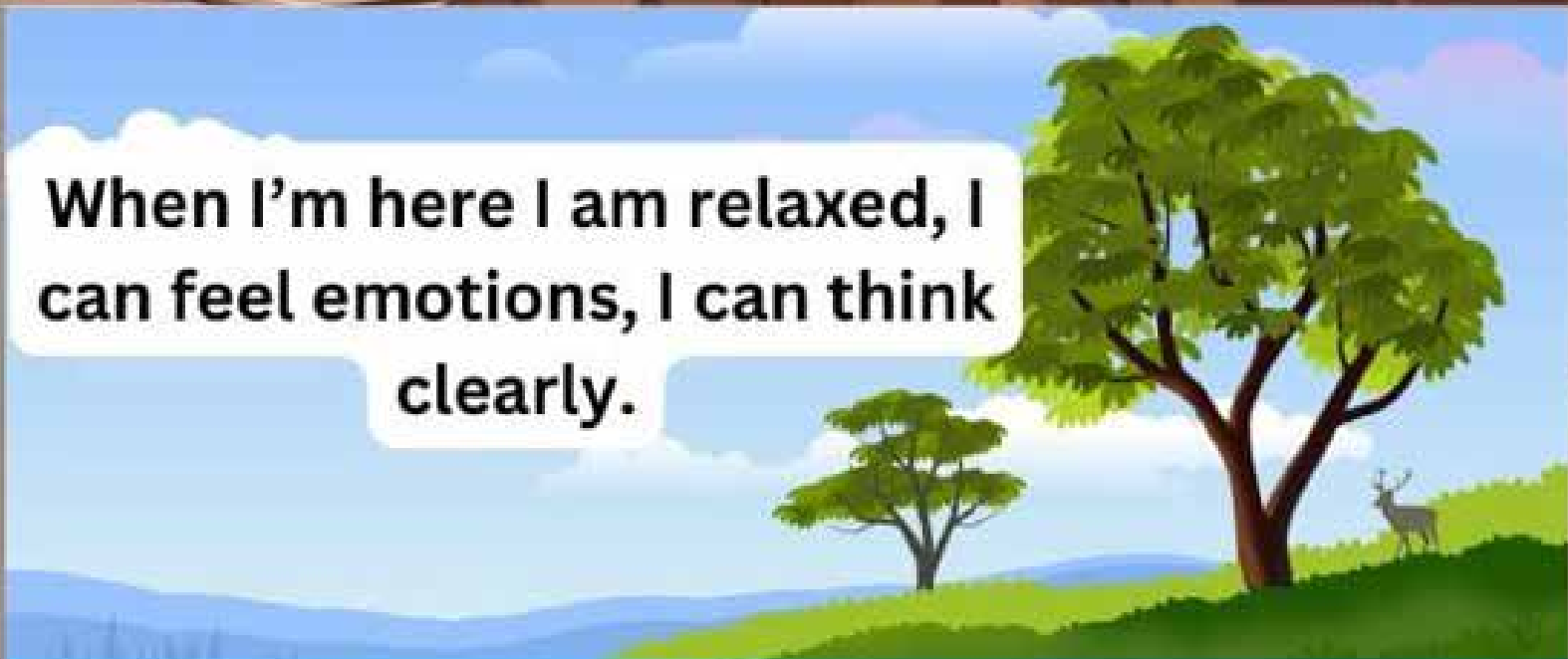


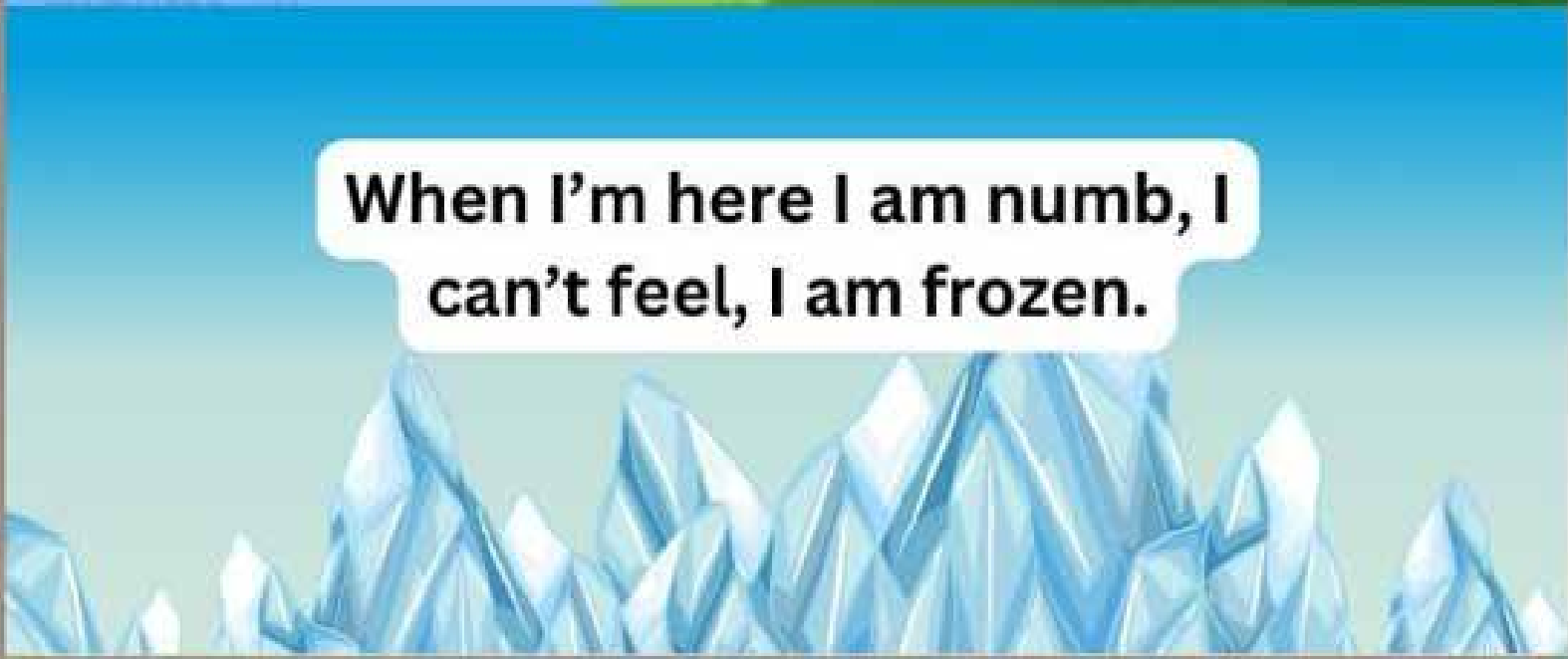
WINDOW OF TOLERANCE

A dark, stormy night landscape with jagged brown rock formations under a black sky with bright white lightning bolts and falling rain.

When I'm here I am panicked and cannot think clearly.

A bright, sunny savanna landscape with green grass, a large acacia tree, a smaller tree, and a deer in the distance under a blue sky with white clouds.

When I'm here I am relaxed, I can feel emotions, I can think clearly.

A frozen, icy landscape with numerous sharp, jagged ice crystals and snowflakes under a pale, overcast sky.

When I'm here I am numb, I can't feel, I am frozen.