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    {
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    {
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    {
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      "offset": 342.96,
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      "text": "breath or two",
      "duration": 3.44,
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  "offset": 348.479,
  "lang": "en"
},
{
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},
{
  "text": "right you might begin to shift your",
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  "text": "awareness a bit more inside",
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  "offset": 367.68,
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{
  "text": "so that any thoughts or ideas",
  "duration": 7.761,
  "offset": 373.919,
  "lang": "en"
},
{
  "text": "any emotions any physical sensations",
  "duration": 5.76,
  "offset": 378.08,
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},
{
  "text": "that are present",
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      "duration": 3.759,
      "offset": 394.16,
      "lang": "en"
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    {
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      "offset": 395.52,
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    {
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    {
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      "lang": "en"
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    {
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      "offset": 401.84,
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      "duration": 4.961,
      "offset": 417.759,
      "lang": "en"
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      "offset": 420.08,
      "lang": "en"
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      "duration": 3.84,
      "offset": 422.72,
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{
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  "offset": 426.56,
  "lang": "en"
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  "duration": 4.72,
  "offset": 428.96,
  "lang": "en"
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{
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  "duration": 4.96,
  "offset": 437.84,
  "lang": "en"
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      "lang": "en"
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    {
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      "lang": "en"
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    {
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      "offset": 455.28,
      "lang": "en"
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    {
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      "offset": 457.599,
      "lang": "en"
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    {
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      "duration": 7.92,
      "offset": 460.08,
      "lang": "en"
    },
    {
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      "duration": 6.4,
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    "lang": "en"
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  {
    "text": "my shoulders",
    "duration": 4.521,
    "offset": 472.319,
    "lang": "en"
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  {
    "text": "and my low back",
    "duration": 4.72,
    "offset": 474,
    "lang": "en"
  },
  {
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    "offset": 476.84,
    "lang": "en"
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  {
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    "duration": 2.24,
    "offset": 478.72,
    "lang": "en"
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    "offset": 481.52,
    "lang": "en"
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  {
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    "duration": 4.56,
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    "lang": "en"
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      "offset": 489.039,
      "lang": "en"
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    {
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      "duration": 2.56,
      "offset": 491.28,
      "lang": "en"
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      "duration": 4.321,
      "offset": 497.759,
      "lang": "en"
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      "lang": "en"
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    {
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      "lang": "en"
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      "offset": 506.08,
      "lang": "en"
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      "duration": 7.28,
      "offset": 510.8,
      "lang": "en"
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    {
      "text": "um push them down",
      "duration": 3.601,
      "offset": 514.479,
      "lang": "en"
    },
    {
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      "offset": 518.88,
      "lang": "en"
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      "text": "more hunched than they should be",
      "duration": 3.521,
      "offset": 522.479,
      "lang": "en"
    },
    {
      "text": "not as relaxed",
      "duration": 3.12,
      "offset": 527.68,
      "lang": "en"
    },
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      "duration": 3.2,
      "offset": 533.68,
      "lang": "en"
    },
    {
      "text": "what else goes with that tension is that",
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      "lang": "en"
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      "offset": 546.32,
      "lang": "en"
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      "duration": 4.24,
      "offset": 548,
      "lang": "en"
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    {
      "text": "yeah um",
      "duration": 2.959,
      "offset": 552.56,
      "lang": "en"
    },
    {
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      "duration": 3.68,
      "offset": 557.04,
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      "duration": 4.08,
      "offset": 558.64,
      "lang": "en"
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    {
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      "lang": "en"
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    {
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      "duration": 5.679,
      "offset": 562.72,
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{
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{
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  "offset": 568.399,
  "lang": "en"
},
{
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  "offset": 570.959,
  "lang": "en"
},
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},
{
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  "offset": 578.16,
  "lang": "en"
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{
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  "duration": 2.721,
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  "lang": "en"
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      "offset": 588.08,
      "lang": "en"
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      "duration": 4.56,
      "offset": 589.6,
      "lang": "en"
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      "duration": 3.68,
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      "lang": "en"
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    {
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      "offset": 594.16,
      "lang": "en"
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      "duration": 2.72,
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      "duration": 4.72,
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      "lang": "en"
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    {
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      "offset": 604.959,
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      "duration": 4.88,
      "offset": 605.92,
      "lang": "en"
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      "offset": 608,
      "lang": "en"
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    {
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      "duration": 5.599,
      "offset": 610.8,
      "lang": "en"
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    {
      "text": "and stress and anxiety around like i",
      "duration": 5.52,
      "offset": 613.36,
      "lang": "en"
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{
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  "duration": 3.68,
  "offset": 618.88,
  "lang": "en"
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{
  "text": "in my career",
  "duration": 4.479,
  "offset": 620.8,
  "lang": "en"
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  "duration": 5.04,
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  "duration": 4,
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},
{
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  "duration": 3.04,
  "offset": 627.6,
  "lang": "en"
},
{
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  "offset": 629.279,
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},
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    "lang": "en"
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  {
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    "offset": 633.519,
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    "lang": "en"
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    "offset": 636.8,
    "lang": "en"
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    "offset": 638.16,
    "lang": "en"
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    "duration": 4,
    "offset": 639.92,
    "lang": "en"
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  "lang": "en"
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  "offset": 643.92,
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  "duration": 3.28,
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  "lang": "en"
},
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  "duration": 3.039,
  "offset": 651.36,
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  "duration": 5.279,
  "offset": 652.56,
  "lang": "en"
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  "duration": 6.761,
  "offset": 654.399,
  "lang": "en"
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  "offset": 657.839,
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  "duration": 3.6,
  "offset": 663.12,
  "lang": "en"
},
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  "duration": 5.36,
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  "lang": "en"
},
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  "duration": 3.28,
  "offset": 666.72,
  "lang": "en"
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{
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  "offset": 671.36,
  "lang": "en"
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  "lang": "en"
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  "offset": 680,
  "lang": "en"
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    "offset": 688.72,
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},
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    "duration": 4.161,
    "offset": 691.519,
    "lang": "en"
},
{
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    "offset": 693.6,
    "lang": "en"
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    "duration": 5.48,
    "offset": 695.68,
    "lang": "en"
},
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    "duration": 3,
    "offset": 698.16,
    "lang": "en"
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    "duration": 4.4,
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    "lang": "en"
},
{
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    "lang": "en"
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    "offset": 706.56,
    "lang": "en"
  },
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    "duration": 2.319,
    "offset": 707.76,
    "lang": "en"
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    "lang": "en"
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    "duration": 4.32,
    "offset": 719.36,
    "lang": "en"
  },
  {
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    "duration": 3.92,
    "offset": 721.44,
    "lang": "en"
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  {
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    "duration": 3.599,
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    "lang": "en"
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  "offset": 727.279,
  "lang": "en"
},
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  "offset": 728.8,
  "lang": "en"
},
{
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  "lang": "en"
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  "duration": 3.68,
  "offset": 733.68,
  "lang": "en"
},
{
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  "duration": 1.841,
  "offset": 736.399,
  "lang": "en"
},
{
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  "duration": 3.12,
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  "lang": "en"
},
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    "offset": 740.48,
    "lang": "en"
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  {
    "text": "you can&#39;t it&#39;s talking to the part",
    "duration": 5.521,
    "offset": 742.959,
    "lang": "en"
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  {
    "text": "that&#39;s afraid and saying like you can&#39;t",
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    "offset": 745.04,
    "lang": "en"
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    "duration": 4.96,
    "offset": 748.48,
    "lang": "en"
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    "duration": 2.721,
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    "lang": "en"
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  {
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    "lang": "en"
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  {
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    "offset": 762.88,
    "lang": "en"
  },
  {
    "text": "and that other part is like",
    "duration": 4.319,
    "offset": 765.76,
    "lang": "en"
  },
  {
    "text": "it doesn&amp;#39;t matter what you do or don&amp;#39;t",
    "duration": 2.719,
    "offset": 768.24,
    "lang": "en"
  },
  {
    "text": "do",
    "duration": 3.121,
    "offset": 770.079,
    "lang": "en"
  },
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{
  "text": "it&amp;#39;s still going to change",
  "duration": 4.721,
  "offset": 770.959,
  "lang": "en"
},
{
  "text": "right so",
  "duration": 4.56,
  "offset": 773.2,
  "lang": "en"
},
{
  "text": "that&amp;#39;s those are the parts i&amp;#39;m noticing",
  "duration": 4.88,
  "offset": 775.68,
  "lang": "en"
},
{
  "text": "right now that are like",
  "duration": 2.8,
  "offset": 777.76,
  "lang": "en"
},
{
  "text": "active",
  "duration": 3.761,
  "offset": 780.959,
  "lang": "en"
},
{
  "text": "mm-hmm yeah they&amp;#39;re all competing for",
  "duration": 3.681,
  "offset": 782.079,
  "lang": "en"
},
{
  "text": "your",
  "duration": 2.4,
  "offset": 784.72,
  "lang": "en"
},
{
  "text": "presence",
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    "duration": 3.6,
    "offset": 785.76,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 2.24,
    "offset": 787.12,
    "lang": "en"
  },
  {
    "text": "so has you noticed that",
    "duration": 4.72,
    "offset": 789.76,
    "lang": "en"
  },
  {
    "text": "are they all located around the same",
    "duration": 4.481,
    "offset": 792.079,
    "lang": "en"
  },
  {
    "text": "place in your body i see that you put",
    "duration": 4.32,
    "offset": 794.48,
    "lang": "en"
  },
  {
    "text": "your hand on your chest",
    "duration": 4.719,
    "offset": 796.56,
    "lang": "en"
  },
  {
    "text": "yeah i think they&#39;re in different places",
    "duration": 5.76,
    "offset": 798.8,
    "lang": "en"
  },
  {
    "text": "i think that the fear",
    "duration": 3.281,
    "offset": 801.279,

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    "lang": "en"
  },
  {
    "text": "is in my back and my shoulders",
    "duration": 4.081,
    "offset": 805.279,
    "lang": "en"
  },
  {
    "text": "[Music]",
    "duration": 3.339,
    "offset": 809.5,
    "lang": "en"
  },
  {
    "text": "and i",
    "duration": 6.639,
    "offset": 811.44,
    "lang": "en"
  },
  {
    "text": "think i think the elder is right here",
    "duration": 5.24,
    "offset": 812.839,
    "lang": "en"
  },
  {
    "text": "and then i feel",
    "duration": 2.33,
    "offset": 819.12,
    "lang": "en"
  },
  {
    "text": "that um",
    "duration": 3.2,
    "offset": 820.56,
    "lang": "en"
  },
  {
    "text": "[Music]",
    "duration": 4.79,
    "offset": 821.45,
    "lang": "en"
  },
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{
  "text": "my other hand is on my stomach like my",
  "duration": 4.96,
  "offset": 823.76,
  "lang": "en"
},
{
  "text": "like um",
  "duration": 5.44,
  "offset": 826.24,
  "lang": "en"
},
{
  "text": "solar plexus",
  "duration": 2.96,
  "offset": 828.72,
  "lang": "en"
},
{
  "text": "that&amp;#39;s where i think that first part is",
  "duration": 4.8,
  "offset": 833.76,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.92,
  "offset": 837.68,
  "lang": "en"
},
{
  "text": "in my body that&amp;#39;s like oh let&amp;#39;s go let&amp;#39;s",
  "duration": 5.12,
  "offset": 838.56,
  "lang": "en"
},
{
  "text": "do it we got like",
  "duration": 4.4,
  "offset": 841.6,
  "lang": "en"
},
{
  "text": "that part has a plan",
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    "duration": 4.56,
    "offset": 843.68,
    "lang": "en"
  },
  {
    "text": "that part is like",
    "duration": 4.959,
    "offset": 846,
    "lang": "en"
  },
  {
    "text": "wants to check all the boxes like okay",
    "duration": 4.64,
    "offset": 848.24,
    "lang": "en"
  },
  {
    "text": "let&amp;#39;s do this let&amp;#39;s do this let&amp;#39;s do",
    "duration": 6.081,
    "offset": 850.959,
    "lang": "en"
  },
  {
    "text": "that it&amp;#39;s like ready for the newness",
    "duration": 5.68,
    "offset": 852.88,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 5.56,
    "offset": 857.04,
    "lang": "en"
  },
  {
    "text": "it feels like so young and like",
    "duration": 7.36,
    "offset": 858.56,
    "lang": "en"
  },
  {
    "text": "motivated and",
    "duration": 3.32,
    "offset": 862.6,
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    "lang": "en"
  },
  {
    "text": "yeah i",
    "duration": 3.481,
    "offset": 866.959,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 3.2,
    "offset": 871.92,
    "lang": "en"
  },
  {
    "text": "so let&amp;#39;s take a moment",
    "duration": 4.56,
    "offset": 873.36,
    "lang": "en"
  },
  {
    "text": "to just kind of slow everything down a",
    "duration": 4.399,
    "offset": 875.12,
    "lang": "en"
  },
  {
    "text": "bit",
    "duration": 3.68,
    "offset": 877.92,
    "lang": "en"
  },
  {
    "text": "and i know for that part of you at your",
    "duration": 6.32,
    "offset": 879.519,
    "lang": "en"
  },
  {
    "text": "solar plexus that has a sense of urgency",
    "duration": 5.52,
    "offset": 881.6,
    "lang": "en"
  },
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{
  "text": "i just want to",
  "duration": 3.12,
  "offset": 885.839,
  "lang": "en"
},
{
  "text": "affirm that part because i know slowing",
  "duration": 3.44,
  "offset": 887.12,
  "lang": "en"
},
{
  "text": "down may be",
  "duration": 3.68,
  "offset": 888.959,
  "lang": "en"
},
{
  "text": "a bit of a challenge for it but we&amp;#39;re",
  "duration": 4,
  "offset": 890.56,
  "lang": "en"
},
{
  "text": "just going to slow down just so that",
  "duration": 3.521,
  "offset": 892.639,
  "lang": "en"
},
{
  "text": "everyone",
  "duration": 3.92,
  "offset": 894.56,
  "lang": "en"
},
{
  "text": "can be heard right because there&amp;#39;s three",
  "duration": 4.32,
  "offset": 896.16,
  "lang": "en"
},
{
  "text": "separate parts right now",
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    "duration": 4.4,
    "offset": 898.48,
    "lang": "en"
  },
  {
    "text": "showing up in three separate places in",
    "duration": 3.599,
    "offset": 900.48,
    "lang": "en"
  },
  {
    "text": "your body",
    "duration": 3.36,
    "offset": 902.88,
    "lang": "en"
  },
  {
    "text": "yeah so i just want to offer you",
    "duration": 4.32,
    "offset": 904.079,
    "lang": "en"
  },
  {
    "text": "dominique to just take some deep breaths",
    "duration": 4.159,
    "offset": 906.24,
    "lang": "en"
  },
  {
    "text": "if it feels right",
    "duration": 4.24,
    "offset": 908.399,
    "lang": "en"
  },
  {
    "text": "just sending the message to your system",
    "duration": 3.201,
    "offset": 910.399,
    "lang": "en"
  },
  {
    "text": "that",
    "duration": 4.161,
    "offset": 912.639,

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    "lang": "en"
  },
  {
    "text": "everyone will be heard",
    "duration": 3.2,
    "offset": 913.6,
    "lang": "en"
  },
  {
    "text": "everyone will get a chance to share",
    "duration": 3.919,
    "offset": 917.92,
    "lang": "en"
  },
  {
    "text": "that part is just like a little giddy",
    "duration": 3.84,
    "offset": 921.92,
    "lang": "en"
  },
  {
    "text": "part it&amp;#39;s just like a little kid that&amp;#39;s",
    "duration": 5.039,
    "offset": 923.6,
    "lang": "en"
  },
  {
    "text": "just like okay like just happy i&amp;#39;m like",
    "duration": 3.999,
    "offset": 925.76,
    "lang": "en"
  },
  {
    "text": "we&amp;#39;re going to slow down they&amp;#39;re like",
    "duration": 2.56,
    "offset": 928.639,
    "lang": "en"
  },
  {
    "text": "okay",
    "duration": 3.601,
    "offset": 929.759,
    "lang": "en"
  },
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{
  "text": "why would you still do it",
  "duration": 4.801,
  "offset": 931.199,
  "lang": "en"
},
{
  "text": "right right it&amp;#39;s just they just",
  "duration": 3.919,
  "offset": 933.36,
  "lang": "en"
},
{
  "text": "are like",
  "duration": 3.44,
  "offset": 936,
  "lang": "en"
},
{
  "text": "waiting for somebody to let them off the",
  "duration": 4.881,
  "offset": 937.279,
  "lang": "en"
},
{
  "text": "leash so they could run",
  "duration": 5.28,
  "offset": 939.44,
  "lang": "en"
},
{
  "text": "yeah so if you feel any positive",
  "duration": 4.479,
  "offset": 942.16,
  "lang": "en"
},
{
  "text": "feelings toward any three of these parts",
  "duration": 5.039,
  "offset": 944.72,
  "lang": "en"
},
{
  "text": "you can share that with them right yeah",
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    "duration": 4.481,
    "offset": 946.639,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 4.841,
    "offset": 949.759,
    "lang": "en"
  },
  {
    "text": "we&amp;#39;ll get there",
    "duration": 3.48,
    "offset": 951.12,
    "lang": "en"
  },
  {
    "text": "okay yeah i just want to offer you then",
    "duration": 6.201,
    "offset": 966.839,
    "lang": "en"
  },
  {
    "text": "to just see which part feels the most",
    "duration": 5.68,
    "offset": 969.839,
    "lang": "en"
  },
  {
    "text": "urgent to get to first is there a part",
    "duration": 5.12,
    "offset": 973.04,
    "lang": "en"
  },
  {
    "text": "that&amp;#39;s louder or where their sensation",
    "duration": 6.041,
    "offset": 975.519,
    "lang": "en"
  },
  {
    "text": "is more intense",
    "duration": 3.4,
    "offset": 978.16,
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      "lang": "en"
    },
    {
      "text": "i think the fear is the most intense",
      "duration": 8.719,
      "offset": 988.48,
      "lang": "en"
    },
    {
      "text": "it&#39;s actually the quietest",
      "duration": 5.921,
      "offset": 993.519,
      "lang": "en"
    },
    {
      "text": "um",
      "duration": 2.241,
      "offset": 997.199,
      "lang": "en"
    },
    {
      "text": "i think the fear",
      "duration": 3.919,
      "offset": 1001.36,
      "lang": "en"
    },
    {
      "text": "feels",
      "duration": 4.32,
      "offset": 1004.24,
      "lang": "en"
    },
    {
      "text": "kind of banished",
      "duration": 3.281,
      "offset": 1005.279,
      "lang": "en"
    },
    {
      "text": "like um like oh nobody wants me here",
      "duration": 5.2,
      "offset": 1008.72,
      "lang": "en"
    },

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{
  "text": "like",
  "duration": 4.159,
  "offset": 1012.48,
  "lang": "en"
},
{
  "text": "you know very like ghosted in the corner",
  "duration": 5.839,
  "offset": 1013.92,
  "lang": "en"
},
{
  "text": "with your head down and",
  "duration": 4.56,
  "offset": 1016.639,
  "lang": "en"
},
{
  "text": "back",
  "duration": 3.601,
  "offset": 1019.759,
  "lang": "en"
},
{
  "text": "like that&amp;#39;s it feels very dark it feels",
  "duration": 4.64,
  "offset": 1021.199,
  "lang": "en"
},
{
  "text": "very",
  "duration": 2.479,
  "offset": 1023.36,
  "lang": "en"
},
{
  "text": "dismissed",
  "duration": 2.72,
  "offset": 1026.079,
  "lang": "en"
},
{
  "text": "yeah",
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    "duration": 2.96,
    "offset": 1029.839,
    "lang": "en"
  },
  {
    "text": "rejected",
    "duration": 3.84,
    "offset": 1031.28,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 2.321,
    "offset": 1032.799,
    "lang": "en"
  },
  {
    "text": "so as you recognize that about this fear",
    "duration": 6.559,
    "offset": 1035.52,
    "lang": "en"
  },
  {
    "text": "how are you feeling toward it",
    "duration": 7.201,
    "offset": 1038.959,
    "lang": "en"
  },
  {
    "text": "i feel bad for it i feel sorry for it",
    "duration": 5.921,
    "offset": 1042.079,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 5.639,
    "offset": 1046.16,
    "lang": "en"
  },
  {
    "text": "i feel like i understand",
    "duration": 3.799,
    "offset": 1048,

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    "lang": "en"
  },
  {
    "text": "why it feels rejected and i feel i feel",
    "duration": 4,
    "offset": 1052.799,
    "lang": "en"
  },
  {
    "text": "bad",
    "duration": 2.719,
    "offset": 1055.84,
    "lang": "en"
  },
  {
    "text": "yeah or is it that you know that it",
    "duration": 4.401,
    "offset": 1056.799,
    "lang": "en"
  },
  {
    "text": "feels that way",
    "duration": 4.961,
    "offset": 1058.559,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 2.32,
    "offset": 1061.2,
    "lang": "en"
  },
  {
    "text": "yeah i don&amp;#39;t want it to feel that way",
    "duration": 5.841,
    "offset": 1064.559,
    "lang": "en"
  },
  {
    "text": "that and what it does",
    "duration": 4.731,
    "offset": 1067.039,
    "lang": "en"
  },
```

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{
  "text": "yeah so",
  "duration": 2.56,
  "offset": 1070.4,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 3.35,
  "offset": 1071.77,
  "lang": "en"
},
{
  "text": "what if you share with this part that",
  "duration": 3.76,
  "offset": 1072.96,
  "lang": "en"
},
{
  "text": "you understand",
  "duration": 3.84,
  "offset": 1075.12,
  "lang": "en"
},
{
  "text": "why it feels the way it feels",
  "duration": 5.12,
  "offset": 1076.72,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.88,
  "offset": 1078.96,
  "lang": "en"
},
{
  "text": "it&amp;#39;s like a little kid",
  "duration": 3.36,
  "offset": 1096.16,
  "lang": "en"
},
{
  "text": "i&amp;#39;m still it&amp;#39;s still quiet but it&amp;#39;s like",
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    "duration": 7.08,
    "offset": 1100.64,
    "lang": "en"
  },
  {
    "text": "receiving what i have to say",
    "duration": 4.44,
    "offset": 1103.28,
    "lang": "en"
  },
  {
    "text": "it&#39;s kind of like peeking out like",
    "duration": 6,
    "offset": 1108.64,
    "lang": "en"
  },
  {
    "text": "like you&#39;re talking to me like you know",
    "duration": 3.919,
    "offset": 1111.76,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 3.36,
    "offset": 1114.64,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 5.681,
    "offset": 1115.679,
    "lang": "en"
  },
  {
    "text": "how old does it seem",
    "duration": 3.36,
    "offset": 1118,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 2.4,
    "offset": 1121.84,

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    "lang": "en"
  },
  {
    "text": "i don&amp;#39;t know somewhere between three and",
    "duration": 4.32,
    "offset": 1126.88,
    "lang": "en"
  },
  {
    "text": "five",
    "duration": 2.32,
    "offset": 1128.88,
    "lang": "en"
  },
  {
    "text": "yeah so we&amp;#39;re really little yeah yeah",
    "duration": 4.4,
    "offset": 1131.84,
    "lang": "en"
  },
  {
    "text": "yeah so this part seems kind of",
    "duration": 4.88,
    "offset": 1138.24,
    "lang": "en"
  },
  {
    "text": "surprised that you&amp;#39;re speaking to it",
    "duration": 4.721,
    "offset": 1141.039,
    "lang": "en"
  },
  {
    "text": "spending time with it",
    "duration": 3.76,
    "offset": 1143.12,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 2.08,
    "offset": 1145.76,
    "lang": "en"
  },
```

```json
{
  "text": "so",
  "duration": 2.48,
  "offset": 1146.88,
  "lang": "en"
},
{
  "text": "check with your system see if there&amp;#39;s",
  "duration": 2.959,
  "offset": 1147.84,
  "lang": "en"
},
{
  "text": "anything you want to share with this",
  "duration": 5.319,
  "offset": 1149.36,
  "lang": "en"
},
{
  "text": "part about that",
  "duration": 3.88,
  "offset": 1150.799,
  "lang": "en"
},
{
  "text": "this part",
  "duration": 4.319,
  "offset": 1170.48,
  "lang": "en"
},
{
  "text": "i was just sharing with it and what i&amp;#39;m",
  "duration": 4.88,
  "offset": 1172.48,
  "lang": "en"
},
{
  "text": "also getting from it is that it just",
  "duration": 5.521,
  "offset": 1174.799,
  "lang": "en"
},
{
  "text": "feels alone",
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      "duration": 2.96,
      "offset": 1177.36,
      "lang": "en"
    },
    {
      "text": "and it&#39;s been feeling alone",
      "duration": 4.88,
      "offset": 1180.4,
      "lang": "en"
    },
    {
      "text": "yeah",
      "duration": 2.4,
      "offset": 1182.88,
      "lang": "en"
    },
    {
      "text": "i&#39;m sharing i don&#39;t want it to feel",
      "duration": 2.31,
      "offset": 1185.76,
      "lang": "en"
    },
    {
      "text": "alone",
      "duration": 3.4,
      "offset": 1187.44,
      "lang": "en"
    },
    {
      "text": "[Music]",
      "duration": 5.53,
      "offset": 1188.07,
      "lang": "en"
    },
    {
      "text": "yeah i&#39;m here",
      "duration": 6.199,
      "offset": 1190.84,
      "lang": "en"
    },
    {
      "text": "sorry i haven&#39;t already been here",
      "duration": 3.439,
      "offset": 1193.6,

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    "lang": "en"
  },
  {
    "text": "okay yeah",
    "duration": 7,
    "offset": 1197.28,
    "lang": "en"
  },
  {
    "text": "yeah it doesn&amp;#39;t have to be alone anymore",
    "duration": 4.28,
    "offset": 1200,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 4.08,
    "offset": 1206.32,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 2.32,
    "offset": 1208.08,
    "lang": "en"
  },
  {
    "text": "take your time just be there and see",
    "duration": 6.4,
    "offset": 1212.88,
    "lang": "en"
  },
  {
    "text": "just anything this part needs from you",
    "duration": 8.12,
    "offset": 1216.64,
    "lang": "en"
  },
  {
    "text": "or needs you to know needs to show you",
    "duration": 5.48,
    "offset": 1219.28,
    "lang": "en"
  },
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{
  "text": "it says it is really scary",
  "duration": 6.64,
  "offset": 1239.2,
  "lang": "en"
},
{
  "text": "and it like what i&amp;#39;m getting is",
  "duration": 4.801,
  "offset": 1242.159,
  "lang": "en"
},
{
  "text": "um",
  "duration": 3.44,
  "offset": 1245.84,
  "lang": "en"
},
{
  "text": "like i&amp;#39;m telling the truth like it is",
  "duration": 4.24,
  "offset": 1246.96,
  "lang": "en"
},
{
  "text": "something to be afraid of like it is",
  "duration": 3.2,
  "offset": 1249.28,
  "lang": "en"
},
{
  "text": "scary",
  "duration": 3.44,
  "offset": 1251.2,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 5.12,
  "offset": 1252.48,
  "lang": "en"
},
{
  "text": "you know almost feels like",
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      "duration": 6.24,
      "offset": 1254.64,
      "lang": "en"
    },
    {
      "text": "um like a little kid that&#39;s like",
      "duration": 6.559,
      "offset": 1257.6,
      "lang": "en"
    },
    {
      "text": "um like no there really is a monster",
      "duration": 5.679,
      "offset": 1260.88,
      "lang": "en"
    },
    {
      "text": "under the bed like i promise",
      "duration": 4.161,
      "offset": 1264.159,
      "lang": "en"
    },
    {
      "text": "you know like when you&#39;re when they&#39;re",
      "duration": 4.321,
      "offset": 1266.559,
      "lang": "en"
    },
    {
      "text": "talking to an adult that&#39;s like",
      "duration": 4,
      "offset": 1268.32,
      "lang": "en"
    },
    {
      "text": "there&#39;s nothing to be afraid of they&#39;re",
      "duration": 4,
      "offset": 1270.88,
      "lang": "en"
    },
    {
      "text": "like no really there is that&#39;s that&#39;s",
      "duration": 4.16,
      "offset": 1272.32,

    "lang": "en"
  },
  {
    "text": "like",
    "duration": 3.84,
    "offset": 1274.88,
    "lang": "en"
  },
  {
    "text": "what it what it&#39;s saying",
    "duration": 3.92,
    "offset": 1276.48,
    "lang": "en"
  },
  {
    "text": "to me",
    "duration": 5.04,
    "offset": 1278.72,
    "lang": "en"
  },
  {
    "text": "yeah this is very real for them",
    "duration": 4.24,
    "offset": 1280.4,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 3.84,
    "offset": 1283.76,
    "lang": "en"
  },
  {
    "text": "see if you can be there in a loving way",
    "duration": 6.44,
    "offset": 1284.64,
    "lang": "en"
  },
  {
    "text": "with this part",
    "duration": 3.48,
    "offset": 1287.6,
    "lang": "en"
  },

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{
  "text": "i feel like i&amp;#39;m",
  "duration": 6.321,
  "offset": 1329.919,
  "lang": "en"
},
{
  "text": "like holding this part",
  "duration": 3.6,
  "offset": 1332.64,
  "lang": "en"
},
{
  "text": "and like kind of rocking it and likes",
  "duration": 4.719,
  "offset": 1340.08,
  "lang": "en"
},
{
  "text": "that",
  "duration": 2.24,
  "offset": 1342.559,
  "lang": "en"
},
{
  "text": "yeah beautiful",
  "duration": 6.601,
  "offset": 1347.679,
  "lang": "en"
},
{
  "text": "yeah there&amp;#39;s no rush",
  "duration": 3.88,
  "offset": 1350.4,
  "lang": "en"
},
{
  "text": "if it feels right you may just remind",
  "duration": 4.8,
  "offset": 1374.96,
  "lang": "en"
},
{
  "text": "this part that",
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    "duration": 4,
    "offset": 1377.76,
    "lang": "en"
  },
  {
    "text": "if and when it&#39;s ready whether that&#39;s an",
    "duration": 4.96,
    "offset": 1379.76,
    "lang": "en"
  },
  {
    "text": "hour or later it can share with you any",
    "duration": 4.64,
    "offset": 1381.76,
    "lang": "en"
  },
  {
    "text": "and everything",
    "duration": 4.16,
    "offset": 1384.72,
    "lang": "en"
  },
  {
    "text": "it&#39;s been through",
    "duration": 6.6,
    "offset": 1386.4,
    "lang": "en"
  },
  {
    "text": "but it&#39;s not alone in that",
    "duration": 4.12,
    "offset": 1388.88,
    "lang": "en"
  },
  {
    "text": "yeah it&#39;s like i just want you to be",
    "duration": 3.84,
    "offset": 1404,
    "lang": "en"
  },
  {
    "text": "here",
    "duration": 5.12,
    "offset": 1406,

    "lang": "en"
  },
  {
    "text": "i just want you to be here",
    "duration": 3.28,
    "offset": 1407.84,
    "lang": "en"
  },
  {
    "text": "so",
    "duration": 3.441,
    "offset": 1421.039,
    "lang": "en"
  },
  {
    "text": "do you have a way you may want to reply",
    "duration": 5.48,
    "offset": 1422.24,
    "lang": "en"
  },
  {
    "text": "to that",
    "duration": 3.24,
    "offset": 1424.48,
    "lang": "en"
  },
  {
    "text": "i&#39;m just telling it like i can be here",
    "duration": 4.239,
    "offset": 1431.44,
    "lang": "en"
  },
  {
    "text": "i&#39;m here",
    "duration": 3.76,
    "offset": 1433.44,
    "lang": "en"
  },
  {
    "text": "i already feel like i&#39;m sorry that i",
    "duration": 3.681,
    "offset": 1435.679,
    "lang": "en"
  },

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{
  "text": "wasn&amp;#39;t here before",
  "duration": 3.599,
  "offset": 1437.2,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.439,
  "offset": 1439.36,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3,
  "offset": 1440.799,
  "lang": "en"
},
{
  "text": "and how&amp;#39;s the part receiving that",
  "duration": 4.48,
  "offset": 1444.24,
  "lang": "en"
},
{
  "text": "from you",
  "duration": 4.321,
  "offset": 1447.039,
  "lang": "en"
},
{
  "text": "yeah it&amp;#39;s still very quiet but",
  "duration": 6.88,
  "offset": 1448.72,
  "lang": "en"
},
{
  "text": "i can feel that it&amp;#39;s receiving that",
  "duration": 7.24,
  "offset": 1451.36,
  "lang": "en"
},
{
  "text": "um",
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    "duration": 3,
    "offset": 1455.6,
    "lang": "en"
  },
  {
    "text": "if",
    "duration": 3.121,
    "offset": 1459.279,
    "lang": "en"
  },
  {
    "text": "it feels very",
    "duration": 4.32,
    "offset": 1460,
    "lang": "en"
  },
  {
    "text": "like latched on",
    "duration": 2.77,
    "offset": 1462.4,
    "lang": "en"
  },
  {
    "text": "like um",
    "duration": 2.959,
    "offset": 1464.32,
    "lang": "en"
  },
  {
    "text": "[Music]",
    "duration": 4.509,
    "offset": 1465.17,
    "lang": "en"
  },
  {
    "text": "you know like how little kids like",
    "duration": 5.041,
    "offset": 1467.279,
    "lang": "en"
  },
  {
    "text": "latch like you can&#39;t you can&#39;t put them",
    "duration": 6.161,
    "offset": 1469.679,

      "lang": "en"
    },
    {
      "text": "down like that&#39;s how it feels right now",
      "duration": 7.44,
      "offset": 1472.32,
      "lang": "en"
    },
    {
      "text": "like i&#39;m not going anywhere",
      "duration": 3.92,
      "offset": 1475.84,
      "lang": "en"
    },
    {
      "text": "it really needs your presence it&#39;s been",
      "duration": 5.52,
      "offset": 1482.32,
      "lang": "en"
    },
    {
      "text": "waiting for this",
      "duration": 3.2,
      "offset": 1484.64,
      "lang": "en"
    },
    {
      "text": "i&#39;m just like i&#39;m here i&#39;m here",
      "duration": 3.92,
      "offset": 1494.4,
      "lang": "en"
    },
    {
      "text": "so you&#39;ll stay with this part right a",
      "duration": 4.64,
      "offset": 1502.159,
      "lang": "en"
    },
    {
      "text": "piece if you can stay with this part",
      "duration": 4.321,
      "offset": 1505.039,
      "lang": "en"
    },

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{
  "text": "always",
  "duration": 4.721,
  "offset": 1506.799,
  "lang": "en"
},
{
  "text": "just curious for you as we&amp;#39;re getting",
  "duration": 6,
  "offset": 1509.36,
  "lang": "en"
},
{
  "text": "close toward a pause a pause or a moment",
  "duration": 6.72,
  "offset": 1511.52,
  "lang": "en"
},
{
  "text": "of you know closure",
  "duration": 7.04,
  "offset": 1515.36,
  "lang": "en"
},
{
  "text": "um where are you with the part",
  "duration": 4.16,
  "offset": 1518.24,
  "lang": "en"
},
{
  "text": "i feel well we&amp;#39;re still in the same",
  "duration": 5.12,
  "offset": 1525.12,
  "lang": "en"
},
{
  "text": "position and i feel just kind of like",
  "duration": 6.959,
  "offset": 1527.2,
  "lang": "en"
},
{
  "text": "it&amp;#39;s not really ready to talk to me but",
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    "duration": 6.319,
    "offset": 1530.24,
    "lang": "en"
  },
  {
    "text": "you know like it&#39;s it&#39;s helpful that i&#39;m",
    "duration": 4,
    "offset": 1534.159,
    "lang": "en"
  },
  {
    "text": "here",
    "duration": 3.201,
    "offset": 1536.559,
    "lang": "en"
  },
  {
    "text": "i think it just wants to see if i&#39;ll",
    "duration": 3.041,
    "offset": 1538.159,
    "lang": "en"
  },
  {
    "text": "stay with it",
    "duration": 3.12,
    "offset": 1539.76,
    "lang": "en"
  },
  {
    "text": "okay okay",
    "duration": 4,
    "offset": 1541.2,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 2.32,
    "offset": 1542.88,
    "lang": "en"
  },
  {
    "text": "what about like like a spatially or",
    "duration": 7.041,
    "offset": 1547.279,

    "lang": "en"
  },
  {
    "text": "in time where are you are you like",
    "duration": 5.76,
    "offset": 1550.96,
    "lang": "en"
  },
  {
    "text": "in the past or do you have a sense of",
    "duration": 4.08,
    "offset": 1554.32,
    "lang": "en"
  },
  {
    "text": "time",
    "duration": 4.48,
    "offset": 1556.72,
    "lang": "en"
  },
  {
    "text": "no no sense of time",
    "duration": 3.759,
    "offset": 1558.4,
    "lang": "en"
  },
  {
    "text": "okay",
    "duration": 4.079,
    "offset": 1561.2,
    "lang": "en"
  },
  {
    "text": "i just know that this part is really",
    "duration": 4.481,
    "offset": 1562.159,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 3.681,
    "offset": 1565.279,
    "lang": "en"
  },

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{
  "text": "young",
  "duration": 2.32,
  "offset": 1566.64,
  "lang": "en"
},
{
  "text": "and it doesn&amp;#39;t feel like me",
  "duration": 7.359,
  "offset": 1569.2,
  "lang": "en"
},
{
  "text": "this part feels like",
  "duration": 6.24,
  "offset": 1573.36,
  "lang": "en"
},
{
  "text": "actually like a little boy part",
  "duration": 5.281,
  "offset": 1576.559,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.24,
  "offset": 1579.6,
  "lang": "en"
},
{
  "text": "and i don&amp;#39;t even know if it&amp;#39;s a black",
  "duration": 2.8,
  "offset": 1582.32,
  "lang": "en"
},
{
  "text": "boy which is",
  "duration": 3.6,
  "offset": 1583.84,
  "lang": "en"
},
{
  "text": "different i don&amp;#39;t think i&amp;#39;ve i don&amp;#39;t and",
```

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    "duration": 5.12,
    "offset": 1585.12,
    "lang": "en"
  },
  {
    "text": "in going in my system i&amp;#39;ve never met any",
    "duration": 6.4,
    "offset": 1587.44,
    "lang": "en"
  },
  {
    "text": "parts that weren&amp;#39;t black",
    "duration": 3.6,
    "offset": 1590.24,
    "lang": "en"
  },
  {
    "text": "that&amp;#39;s different",
    "duration": 3.4,
    "offset": 1595.2,
    "lang": "en"
  },
  {
    "text": "it&amp;#39;s it&amp;#39;s",
    "duration": 5.039,
    "offset": 1601.12,
    "lang": "en"
  },
  {
    "text": "how do i say this",
    "duration": 5.6,
    "offset": 1603.6,
    "lang": "en"
  },
  {
    "text": "it&amp;#39;s like it&amp;#39;s not mine",
    "duration": 4.88,
    "offset": 1606.159,
    "lang": "en"
  },
  {
    "text": "you know what i mean like it&amp;#39;s not it&amp;#39;s",
    "duration": 3.28,
    "offset": 1609.2,
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    "lang": "en"
  },
  {
    "text": "not",
    "duration": 3.921,
    "offset": 1611.039,
    "lang": "en"
  },
  {
    "text": "really a part of me but it&#39;s here",
    "duration": 4.24,
    "offset": 1612.48,
    "lang": "en"
  },
  {
    "text": "okay okay",
    "duration": 2.36,
    "offset": 1614.96,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 3.199,
    "offset": 1616.72,
    "lang": "en"
  },
  {
    "text": "[Music]",
    "duration": 6.04,
    "offset": 1617.32,
    "lang": "en"
  },
  {
    "text": "yeah so there&#39;s some level of sense of",
    "duration": 7.921,
    "offset": 1619.919,
    "lang": "en"
  },
  {
    "text": "disconnection a little bit yeah",
    "duration": 4.48,
    "offset": 1623.36,
    "lang": "en"
  },

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{
  "text": "yeah it feels like it&amp;#39;s here it&amp;#39;s",
  "duration": 5.12,
  "offset": 1628.159,
  "lang": "en"
},
{
  "text": "present",
  "duration": 4.481,
  "offset": 1631.039,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.241,
  "offset": 1633.279,
  "lang": "en"
},
{
  "text": "like it&amp;#39;s found its way into my system",
  "duration": 5.199,
  "offset": 1635.6,
  "lang": "en"
},
{
  "text": "but it doesn&amp;#39;t feel like",
  "duration": 3.6,
  "offset": 1638,
  "lang": "en"
},
{
  "text": "me",
  "duration": 3.681,
  "offset": 1640.799,
  "lang": "en"
},
{
  "text": "necessarily",
  "duration": 2.88,
  "offset": 1641.6,
  "lang": "en"
},
{
  "text": "how are you feeling about that",
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    "duration": 6.56,
    "offset": 1649.76,
    "lang": "en"
  },
  {
    "text": "a little surprised a little kind of",
    "duration": 4.641,
    "offset": 1652.799,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 4.239,
    "offset": 1656.32,
    "lang": "en"
  },
  {
    "text": "yes definitely surprised",
    "duration": 4.64,
    "offset": 1657.44,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 4.641,
    "offset": 1660.559,
    "lang": "en"
  },
  {
    "text": "but if it feels honest it feels like you",
    "duration": 4.4,
    "offset": 1662.08,
    "lang": "en"
  },
  {
    "text": "know that&#39;s what",
    "duration": 5.359,
    "offset": 1665.2,
    "lang": "en"
  },
  {
    "text": "is happening so that feels okay",
    "duration": 4.079,
    "offset": 1666.48,

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    "lang": "en"
  },
  {
    "text": "um",
    "duration": 2.24,
    "offset": 1670.72,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 2.641,
    "offset": 1673.679,
    "lang": "en"
  },
  {
    "text": "there&amp;#39;s another part that&amp;#39;s coming up",
    "duration": 3.76,
    "offset": 1674.48,
    "lang": "en"
  },
  {
    "text": "that&amp;#39;s kind of like",
    "duration": 4.16,
    "offset": 1676.32,
    "lang": "en"
  },
  {
    "text": "like what like",
    "duration": 6,
    "offset": 1678.24,
    "lang": "en"
  },
  {
    "text": "if we do need to get over this part",
    "duration": 5.84,
    "offset": 1680.48,
    "lang": "en"
  },
  {
    "text": "there&amp;#39;s another part of me that&amp;#39;s like",
    "duration": 3.919,
    "offset": 1684.24,
    "lang": "en"
  },
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```json
{
  "text": "i don&amp;#39;t think that part should be here",
  "duration": 4.56,
  "offset": 1686.32,
  "lang": "en"
},
{
  "text": "in my system but",
  "duration": 4.481,
  "offset": 1688.159,
  "lang": "en"
},
{
  "text": "yeah um",
  "duration": 3.919,
  "offset": 1690.88,
  "lang": "en"
},
{
  "text": "i don&amp;#39;t feel that i feel okay with it",
  "duration": 4.24,
  "offset": 1692.64,
  "lang": "en"
},
{
  "text": "but i do recognize that there&amp;#39;s this",
  "duration": 4.161,
  "offset": 1694.799,
  "lang": "en"
},
{
  "text": "other part that&amp;#39;s like",
  "duration": 3.6,
  "offset": 1696.88,
  "lang": "en"
},
{
  "text": "i don&amp;#39;t know about that",
  "duration": 3.599,
  "offset": 1698.96,
  "lang": "en"
},
{
  "text": "yeah",
```

    "duration": 4.24,
    "offset": 1700.48,
    "lang": "en"
  },
  {
    "text": "so go ahead and acknowledge that other",
    "duration": 5.6,
    "offset": 1702.559,
    "lang": "en"
  },
  {
    "text": "part that came in that&#39;s unsure",
    "duration": 5.6,
    "offset": 1704.72,
    "lang": "en"
  },
  {
    "text": "yeah just acknowledge it let it know you",
    "duration": 6.24,
    "offset": 1708.159,
    "lang": "en"
  },
  {
    "text": "hear it and invite it to relax",
    "duration": 4.079,
    "offset": 1710.32,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 5.04,
    "offset": 1717.44,
    "lang": "en"
  },
  {
    "text": "yeah was that part able to soften",
    "duration": 5.52,
    "offset": 1718.399,
    "lang": "en"
  },
  {
    "text": "if it feels right you can send the",
    "duration": 2.799,
    "offset": 1722.48,

      "lang": "en"
    },
    {
      "text": "gratitude",
      "duration": 3.921,
      "offset": 1723.919,
      "lang": "en"
    },
    {
      "text": "for doing that",
      "duration": 4.4,
      "offset": 1725.279,
      "lang": "en"
    },
    {
      "text": "i&#39;m like thank you sis because that&#39;s",
      "duration": 3.76,
      "offset": 1727.84,
      "lang": "en"
    },
    {
      "text": "what definitely feels like i got i get",
      "duration": 3.201,
      "offset": 1729.679,
      "lang": "en"
    },
    {
      "text": "it i hear you",
      "duration": 3.6,
      "offset": 1731.6,
      "lang": "en"
    },
    {
      "text": "i hear you",
      "duration": 7.2,
      "offset": 1732.88,
      "lang": "en"
    },
    {
      "text": "i hate you that&#39;s weird like i get it",
      "duration": 8.8,
      "offset": 1735.2,
      "lang": "en"
    },

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{
  "text": "we&amp;#39;re gonna roll with it for now",
  "duration": 5.599,
  "offset": 1740.08,
  "lang": "en"
},
{
  "text": "that person&amp;#39;s like all right i&amp;#39;m just",
  "duration": 4,
  "offset": 1744,
  "lang": "en"
},
{
  "text": "saying",
  "duration": 2.321,
  "offset": 1745.679,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.88,
  "offset": 1748.32,
  "lang": "en"
},
{
  "text": "playing this okay",
  "duration": 6.081,
  "offset": 1749.279,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.88,
  "offset": 1753.2,
  "lang": "en"
},
{
  "text": "yeah nice exhalation",
  "duration": 4.08,
  "offset": 1755.36,
  "lang": "en"
},
{
  "text": "yeah",
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      "duration": 4,
      "offset": 1758.08,
      "lang": "en"
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    {
      "text": "so go back to this part though and",
      "duration": 4.32,
      "offset": 1759.44,
      "lang": "en"
    },
    {
      "text": "just notice how you&#39;re feeling toward it",
      "duration": 4.68,
      "offset": 1762.08,
      "lang": "en"
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    {
      "text": "now",
      "duration": 3,
      "offset": 1763.76,
      "lang": "en"
    },
    {
      "text": "it feels",
      "duration": 4.281,
      "offset": 1769.039,
      "lang": "en"
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    {
      "text": "distracted",
      "duration": 3,
      "offset": 1770.32,
      "lang": "en"
    },
    {
      "text": "um",
      "duration": 2.319,
      "offset": 1773.84,
      "lang": "en"
    },
    {
      "text": "it feels distracted like like it&#39;s",
      "duration": 4.32,
      "offset": 1776.64,

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    "lang": "en"
  },
  {
    "text": "playing with a toy or something like",
    "duration": 4.56,
    "offset": 1778.96,
    "lang": "en"
  },
  {
    "text": "it&amp;#39;s not really",
    "duration": 4.079,
    "offset": 1780.96,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 3.519,
    "offset": 1783.52,
    "lang": "en"
  },
  {
    "text": "like it knows that i&amp;#39;m there but it&amp;#39;s",
    "duration": 4.321,
    "offset": 1785.039,
    "lang": "en"
  },
  {
    "text": "not really like focused on me",
    "duration": 3.921,
    "offset": 1787.039,
    "lang": "en"
  },
  {
    "text": "okay",
    "duration": 4.6,
    "offset": 1789.36,
    "lang": "en"
  },
  {
    "text": "um",
    "duration": 3,
    "offset": 1790.96,
    "lang": "en"
  },
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{
  "text": "yeah like if it it&amp;#39;s",
  "duration": 4.721,
  "offset": 1794.799,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 2.4,
  "offset": 1797.12,
  "lang": "en"
},
{
  "text": "because it knows that i&amp;#39;m there but it&amp;#39;s",
  "duration": 4.32,
  "offset": 1799.76,
  "lang": "en"
},
{
  "text": "definitely not focused on me",
  "duration": 3.919,
  "offset": 1802,
  "lang": "en"
},
{
  "text": "mm-hmm",
  "duration": 4.24,
  "offset": 1804.08,
  "lang": "en"
},
{
  "text": "okay and when you notice that how do you",
  "duration": 5.681,
  "offset": 1805.919,
  "lang": "en"
},
{
  "text": "feel towards the part",
  "duration": 3.28,
  "offset": 1808.32,
  "lang": "en"
},
{
  "text": "um",
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      "duration": 2.32,
      "offset": 1812.88,
      "lang": "en"
    },
    {
      "text": "i feel like okay",
      "duration": 3.76,
      "offset": 1817.76,
      "lang": "en"
    },
    {
      "text": "like okay this is all you needed like",
      "duration": 4.4,
      "offset": 1819.36,
      "lang": "en"
    },
    {
      "text": "i&amp;#39;ll just",
      "duration": 5.6,
      "offset": 1821.52,
      "lang": "en"
    },
    {
      "text": "give you a little more attention",
      "duration": 3.36,
      "offset": 1823.76,
      "lang": "en"
    },
    {
      "text": "you know like i feel like i don&amp;#39;t want",
      "duration": 4.401,
      "offset": 1827.679,
      "lang": "en"
    },
    {
      "text": "to disturb it from being distracted like",
      "duration": 5.161,
      "offset": 1829.679,
      "lang": "en"
    },
    {
      "text": "that&amp;#39;s fine okay",
      "duration": 7.05,
      "offset": 1832.08,
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  },
  {
    "text": "okay maybe this is all i needed for now",
    "duration": 7.409,
    "offset": 1834.84,
    "lang": "en"
  },
  {
    "text": "[Music]",
    "duration": 3.119,
    "offset": 1839.13,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 3.52,
    "offset": 1842.32,
    "lang": "en"
  },
  {
    "text": "okay well i honor the wisdom of your",
    "duration": 3.44,
    "offset": 1843.52,
    "lang": "en"
  },
  {
    "text": "system",
    "duration": 2.64,
    "offset": 1845.84,
    "lang": "en"
  },
  {
    "text": "so i just want to",
    "duration": 4.079,
    "offset": 1846.96,
    "lang": "en"
  },
  {
    "text": "offer to you that as you&amp;#39;re getting",
    "duration": 4.96,
    "offset": 1848.48,
    "lang": "en"
  },
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{
  "text": "ready to close out",
  "duration": 4.321,
  "offset": 1851.039,
  "lang": "en"
},
{
  "text": "right",
  "duration": 3.44,
  "offset": 1853.44,
  "lang": "en"
},
{
  "text": "i know you said the part&amp;#39;s kind of doing",
  "duration": 3.199,
  "offset": 1855.36,
  "lang": "en"
},
{
  "text": "its own thing you don&amp;#39;t want it to to",
  "duration": 3.76,
  "offset": 1856.88,
  "lang": "en"
},
{
  "text": "disturb it but there is an option to",
  "duration": 3.761,
  "offset": 1858.559,
  "lang": "en"
},
{
  "text": "just check in with it",
  "duration": 3.519,
  "offset": 1860.64,
  "lang": "en"
},
{
  "text": "and see if there&amp;#39;s a way it wants to",
  "duration": 4.64,
  "offset": 1862.32,
  "lang": "en"
},
{
  "text": "stay connected to you",
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      "duration": 4.961,
      "offset": 1864.159,
      "lang": "en"
    },
    {
      "text": "right so if that feels right you could",
      "duration": 4.64,
      "offset": 1866.96,
      "lang": "en"
    },
    {
      "text": "do that",
      "duration": 2.48,
      "offset": 1869.12,
      "lang": "en"
    },
    {
      "text": "it&#39;s like just don&#39;t leave",
      "duration": 3.68,
      "offset": 1877.2,
      "lang": "en"
    },
    {
      "text": "mm-hmm",
      "duration": 3.84,
      "offset": 1879.36,
      "lang": "en"
    },
    {
      "text": "um",
      "duration": 2.32,
      "offset": 1880.88,
      "lang": "en"
    },
    {
      "text": "so a piece of you can always remain with",
      "duration": 4,
      "offset": 1885.12,
      "lang": "en"
    },
    {
      "text": "this yeah",
      "duration": 3.68,
      "offset": 1887.2,

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    "lang": "en"
  },
  {
    "text": "i said i&amp;#39;m gonna i&amp;#39;m not gonna leave i&amp;#39;m",
    "duration": 4.399,
    "offset": 1889.12,
    "lang": "en"
  },
  {
    "text": "gonna come back and check on you",
    "duration": 3.919,
    "offset": 1890.88,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 4.64,
    "offset": 1893.519,
    "lang": "en"
  },
  {
    "text": "that seems okay with that",
    "duration": 3.36,
    "offset": 1894.799,
    "lang": "en"
  },
  {
    "text": "i definitely feel",
    "duration": 5.041,
    "offset": 1900.559,
    "lang": "en"
  },
  {
    "text": "less tension in my shoulders which is",
    "duration": 4.561,
    "offset": 1903.279,
    "lang": "en"
  },
  {
    "text": "nice",
    "duration": 2.24,
    "offset": 1905.6,
    "lang": "en"
  },
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{
  "text": "it&amp;#39;s still there but it&amp;#39;s less",
  "duration": 4.321,
  "offset": 1908.559,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.4,
  "offset": 1911.6,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.919,
  "offset": 1912.88,
  "lang": "en"
},
{
  "text": "good notice that",
  "duration": 3.799,
  "offset": 1914,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.559,
  "offset": 1920.72,
  "lang": "en"
},
{
  "text": "when you&amp;#39;re ready there&amp;#39;s no rush at all",
  "duration": 4.399,
  "offset": 1922.88,
  "lang": "en"
},
{
  "text": "but when you&amp;#39;re ready to you can send",
  "duration": 5.441,
  "offset": 1925.279,
  "lang": "en"
},
{
  "text": "gratitude to those other two parts",
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    "duration": 6.161,
    "offset": 1927.279,
    "lang": "en"
  },
  {
    "text": "right because number three right",
    "duration": 4.559,
    "offset": 1930.72,
    "lang": "en"
  },
  {
    "text": "you know just gratitude that they were",
    "duration": 3.04,
    "offset": 1933.44,
    "lang": "en"
  },
  {
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    "duration": 2.961,
    "offset": 1935.279,
    "lang": "en"
  },
  {
    "text": "relax enough that you could work with",
    "duration": 4.24,
    "offset": 1936.48,
    "lang": "en"
  },
  {
    "text": "the fear",
    "duration": 2.48,
    "offset": 1938.24,
    "lang": "en"
  },
  {
    "text": "yeah",
    "duration": 3.201,
    "offset": 1944.399,
    "lang": "en"
  },
  {
    "text": "yeah let&#39;s see if there&#39;s any way those",
    "duration": 4.24,
    "offset": 1945.279,

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      "lang": "en"
    },
    {
      "text": "other two parts want to stay connected",
      "duration": 4.319,
      "offset": 1947.6,
      "lang": "en"
    },
    {
      "text": "to you",
      "duration": 2.4,
      "offset": 1949.519,
      "lang": "en"
    },
    {
      "text": "you&amp;#39;ll come back and spend more time",
      "duration": 6.12,
      "offset": 1952,
      "lang": "en"
    },
    {
      "text": "with them but for now there&amp;#39;s anyway",
      "duration": 4.52,
      "offset": 1953.6,
      "lang": "en"
    },
    {
      "text": "anything else",
      "duration": 3.48,
      "offset": 1973.76,
      "lang": "en"
    },
    {
      "text": "anxiety",
      "duration": 5.44,
      "offset": 1977.76,
      "lang": "en"
    },
    {
      "text": "that was brewing",
      "duration": 3.12,
      "offset": 1980.08,
      "lang": "en"
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{
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  "duration": 2.16,
  "offset": 1989.44,
  "lang": "en"
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{
  "text": "yeah",
  "duration": 2.959,
  "offset": 1990.72,
  "lang": "en"
},
{
  "text": "that was needed",
  "duration": 4.4,
  "offset": 1991.6,
  "lang": "en"
},
{
  "text": "that was needed",
  "duration": 3.281,
  "offset": 1993.679,
  "lang": "en"
},
{
  "text": "good",
  "duration": 2.88,
  "offset": 1996,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.68,
  "offset": 1996.96,
  "lang": "en"
},
{
  "text": "a little bit different",
  "duration": 4.399,
  "offset": 1998.88,
  "lang": "en"
},
{
  "text": "yeah i do i do",
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    "duration": 4.399,
    "offset": 2000.64,
    "lang": "en"
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  {
    "text": "i do and it feels",
    "duration": 3.201,
    "offset": 2003.279,
    "lang": "en"
  },
  {
    "text": "like",
    "duration": 4.48,
    "offset": 2005.039,
    "lang": "en"
  },
  {
    "text": "more manageable",
    "duration": 3.039,
    "offset": 2006.48,
    "lang": "en"
  },
  {
    "text": "like just in general when i go back the",
    "duration": 4.4,
    "offset": 2009.6,
    "lang": "en"
  },
  {
    "text": "the fear and anxiety will be more",
    "duration": 4.24,
    "offset": 2011.919,
    "lang": "en"
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  {
    "text": "manageable than",
    "duration": 3.519,
    "offset": 2014,
    "lang": "en"
  },
  {
    "text": "before",
    "duration": 2.321,
    "offset": 2016.159,

    "lang": "en"
  },
  {
    "text": "um",
    "duration": 2.64,
    "offset": 2017.519,
    "lang": "en"
  },
  {
    "text": "when i wasn&#39;t",
    "duration": 3.679,
    "offset": 2018.48,
    "lang": "en"
  },
  {
    "text": "really like paying attention enough to",
    "duration": 3.441,
    "offset": 2020.159,
    "lang": "en"
  },
  {
    "text": "like",
    "duration": 3.281,
    "offset": 2022.159,
    "lang": "en"
  },
  {
    "text": "you know examine it",
    "duration": 5.4,
    "offset": 2023.6,
    "lang": "en"
  },
  {
    "text": "right yeah",
    "duration": 3.56,
    "offset": 2025.44,
    "lang": "en"
  },
  {
    "text": "you",
    "duration": 2.081,
    "offset": 2042.399,
    "lang": "en"
  }

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