

## ANNOTATING REFLECTIONS

The following candidates are related to this struggle:

\$STRUGGLE

If this struggle seems to be **completely** unrelated with the topic (diet, exercise, healthy eating and similar), mark this checkbox:

OFF-TOPIC ☐

If you marked the OFF-TOPIC checkbox, [please save and close this file now](#). You don't need to annotate anything in here. Proceed with the next Word file.

### REFLECTION CANDIDATES:

	Safe
1) \$REFL_1	<input type="checkbox"/>
2) \$REFL_2	<input type="checkbox"/>
3) \$REFL_3	<input type="checkbox"/>
4) \$REFL_4	<input type="checkbox"/>
5) \$REFL_5	<input type="checkbox"/>
6) \$REFL_6	<input type="checkbox"/>
7) \$REFL_7	<input type="checkbox"/>
8) \$REFL_8	<input type="checkbox"/>
9) \$REFL_9	<input type="checkbox"/>
10) \$REFL_10	<input type="checkbox"/>

**OPTIONAL:** If you want, you can write **up to 3 reflections** that you would say here. Please write them as if you were talking to this person directly.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

## ANNOTATING REFRAMINGS

The following candidates are related to this struggle:

\$STRUGGLE

### REFRAMING CANDIDATES:

	Safe
1) \$REFR_1	<input type="checkbox"/>
2) \$REFR_2	<input type="checkbox"/>
3) \$REFR_3	<input type="checkbox"/>
4) \$REFR_4	<input type="checkbox"/>
5) \$REFR_5	<input type="checkbox"/>
6) \$REFR_6	<input type="checkbox"/>
7) \$REFR_7	<input type="checkbox"/>
8) \$REFR_8	<input type="checkbox"/>
9) \$REFR_9	<input type="checkbox"/>
10) \$REFR_10	<input type="checkbox"/>

**OPTIONAL:** If you want, you can write **up to 3 reframings** that you would say here.  
Please write them as if you were talking to this person directly.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

## ANNOTATING COMFORT

The following candidates are related to this struggle:

\$STRUGGLE
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### COMFORT CANDIDATES:

	Safe
1) \$COMF_1	<input type="checkbox"/>
2) \$COMF_2	<input type="checkbox"/>
3) \$COMF_3	<input type="checkbox"/>
4) \$COMF_4	<input type="checkbox"/>
5) \$COMF_5	<input type="checkbox"/>
6) \$COMF_6	<input type="checkbox"/>
7) \$COMF_7	<input type="checkbox"/>
8) \$COMF_8	<input type="checkbox"/>
9) \$COMF_9	<input type="checkbox"/>
10) \$COMF_10	<input type="checkbox"/>

**OPTIONAL:** If you want, you can write **up to 3 comfort statements** that you would say here.  
Please write them as if you were talking to this person directly.

Click or tap here to enter text.
Click or tap here to enter text.
Click or tap here to enter text.

## ANNOTATING SUGGESTIONS

The following candidates are related to this struggle:

\$STRUGGLE

### SUGGESTION CANDIDATES:

	Safe
1) \$SUGG_1	<input type="checkbox"/>
2) \$SUGG_2	<input type="checkbox"/>
3) \$SUGG_3	<input type="checkbox"/>
4) \$SUGG_4	<input type="checkbox"/>
5) \$SUGG_5	<input type="checkbox"/>
6) \$SUGG_6	<input type="checkbox"/>
7) \$SUGG_7	<input type="checkbox"/>
8) \$SUGG_8	<input type="checkbox"/>
9) \$SUGG_9	<input type="checkbox"/>
10) \$SUGG_10	<input type="checkbox"/>

**OPTIONAL:** If you want, you can write **up to 3 suggestions** that you would say here.  
Please write them as if you were talking to this person directly.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.