**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 | Select... |
| **2)** $REFL\_2 | Select... |
| **3)** $REFL\_3 | Select... |
| **4)** $REFL\_4 | Select... |
| **5)** $REFL\_5 | Select... |
| **6)** $REFL\_6 | Select... |
| **7)** $REFL\_7 | Select... |
| **8)** $REFL\_8 | Select... |
| **9)** $REFL\_9 | Select... |
| **10)** $REFL\_10 | Select... |

**OPTIONAL: IF YOU WANT, TYPE UP TO 3 REFLECTIONS COMING FROM YOU:**Please write them as if you were talking to this person directly.

|  |
| --- |
|  |
|  |
|  |

**ANNOTATING REFRAMINGS**  
  
The following candidates are related to this struggle:

|  |
| --- |
| $STRUGGLE |

**REFRAMING CANDIDATES:**

|  |  |
| --- | --- |
| **1)** $REFR\_1 | Select... |
| **2)** $REFR\_2 | Select... |
| **3)** $REFR\_3 | Select... |
| **4)** $REFR\_4 | Select... |
| **5)** $REFR\_5 | Select... |
| **6)** $REFR\_6 | Select... |
| **7)** $REFR\_7 | Select... |
| **8)** $REFR\_8 | Select... |
| **9)** $REFR\_9 | Select... |
| **10)** $REFR\_10 | Select... |

**ANNOTATING COMFORT**  
  
The following candidates are related to this struggle:

|  |
| --- |
| $STRUGGLE |

**COMFORT CANDIDATES:**

|  |  |
| --- | --- |
| **1)** $COMF\_1 | Select... |
| **2)** $COMF\_2 | Select... |
| **3)** $COMF\_3 | Select... |
| **4)** $COMF\_4 | Select... |
| **5)** $COMF\_5 | Select... |
| **6)** $COMF\_6 | Select... |
| **7)** $COMF\_7 | Select... |
| **8)** $COMF\_8 | Select... |
| **9)** $COMF\_9 | Select... |
| **10)** $COMF\_10 | Select... |

**ANNOTATING SUGGESTIONS**  
  
The following candidates are related to this struggle:

|  |
| --- |
| $STRUGGLE |

**SUGGESTION CANDIDATES:**

|  |  |
| --- | --- |
| **1)** $SUGG\_1 | Select... |
| **2)** $SUGG\_2 | Select... |
| **3)** $SUGG\_3 | Select... |
| **4)** $SUGG\_4 | Select... |
| **5)** $SUGG\_5 | Select... |
| **6)** $SUGG\_6 | Select... |
| **7)** $SUGG\_7 | Select... |
| **8)** $SUGG\_8 | Select... |
| **9)** $SUGG\_9 | Select... |
| **10)** $SUGG\_10 | Select... |