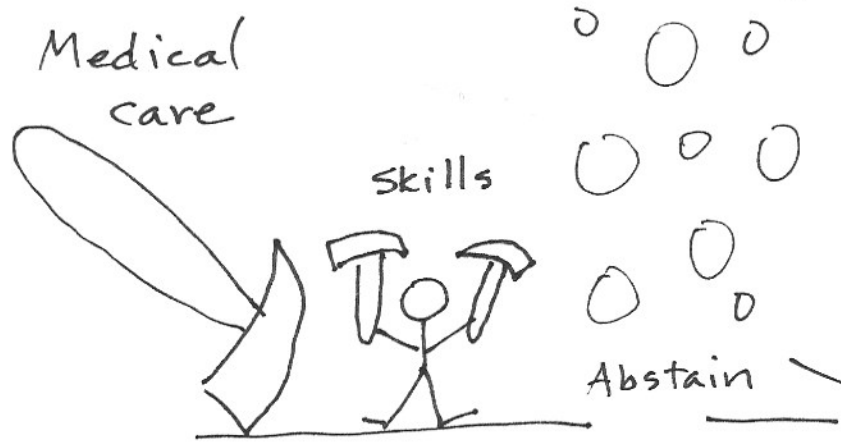# How to Regain Autonomy Over Automaticity
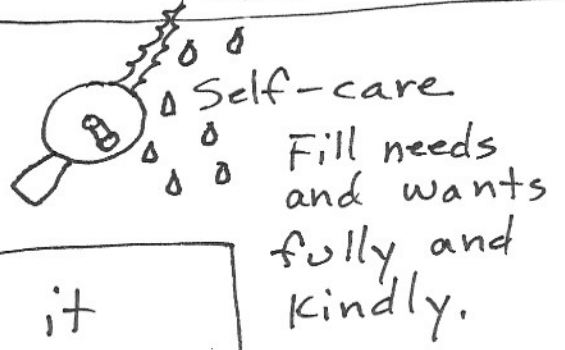
Hammer it from above.

See what arises, Address each, often with pro help.

Medical care

Skills

Abstain

Automaticity

Autonomy

Self-care

Fill needs and wants fully and kindly.

Drain it from below.

Autonomy

Automaticity

cehg 5/5/19