The middle path

It can be challenging when there seem to be 2 reasonable viewpoints. This could be 2 ways for you to look at things. Often the middle path is right. This tool can help balance them.

PROGRESS PSYCHOTHERAPY

Situation or topic- what happened and how do I feel about it?	
Viewpoint 1	Viewpoint 2
The middle path- bring these together to find the truth between them	

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