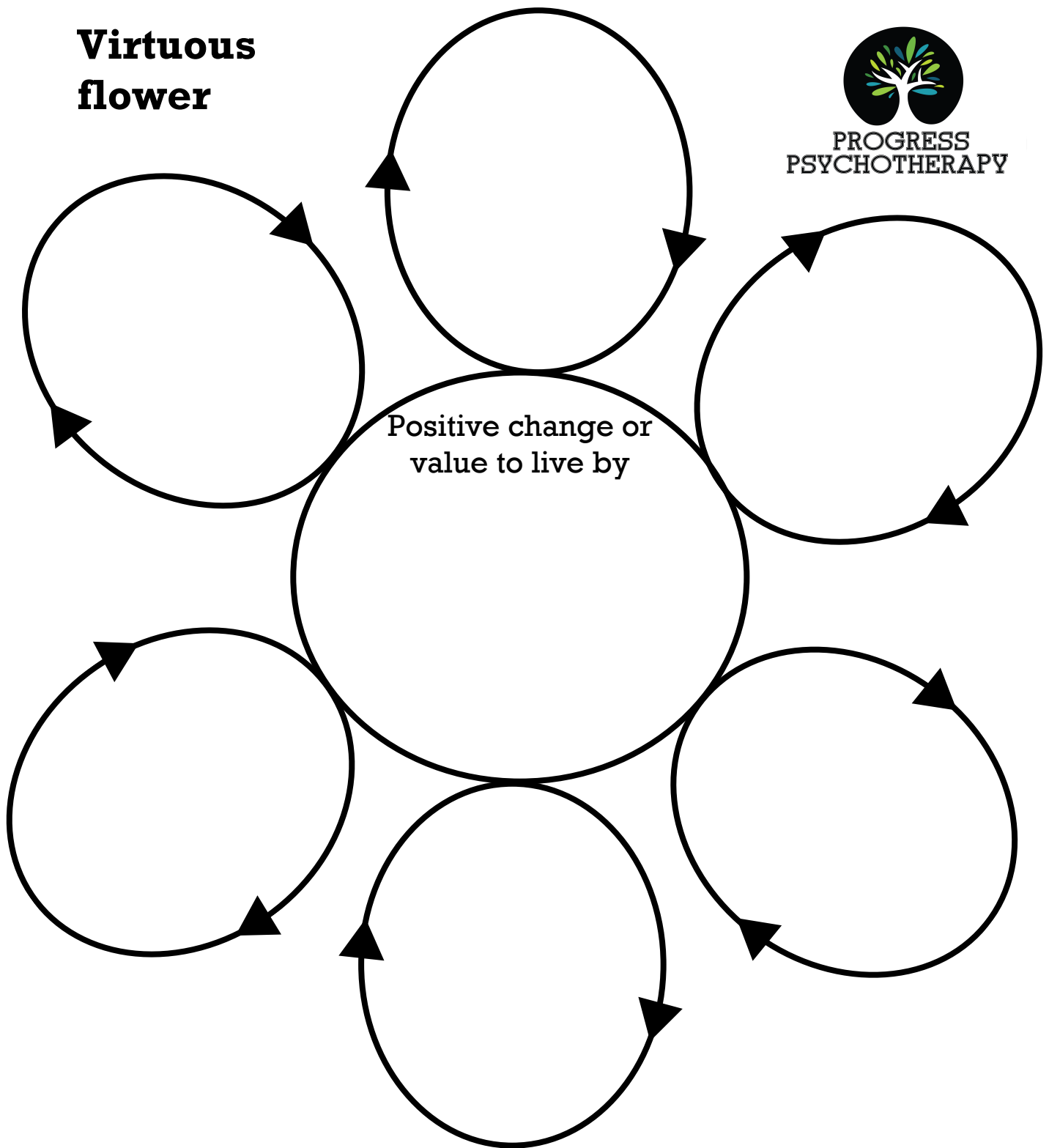


Virtuous flower



Just as we can have vicious cycles that worsen depression we can trigger positive cycles to change it. Consider a positive change or value to live by in the center and then imagine the positive effects around the "petals" to help motivate the change.