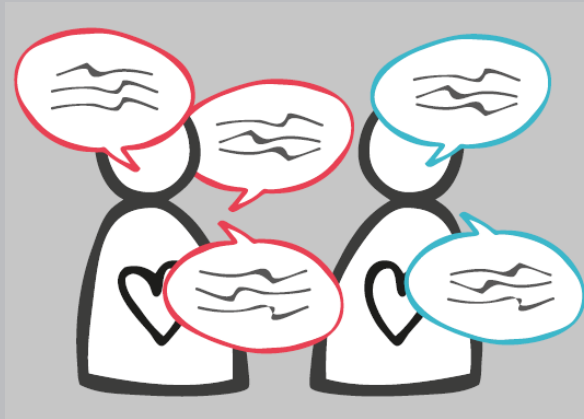


SUPPLEMENT 1

**TRANSLATED EXCERPT FROM WORKBOOK:
TWO EXAMPLES AND AN EMPTY INSIGHT
CARD.**

MOMENT IT HELPS TO TALK ABOUT THE TREATMENT PROGRAM:
MY WIFE IS NOW LESS WORRIED WHEN I GO FOR A WALK.

Memory Cue



MOMENT IF I AM IN PAIN, IT DOES NOT HAVE TO MEAN THAT
SOMETHING IS BROKEN OR INJURED.

Memory Cue

HURT ≠ HARM

MOMENT

MEMORY CUE

