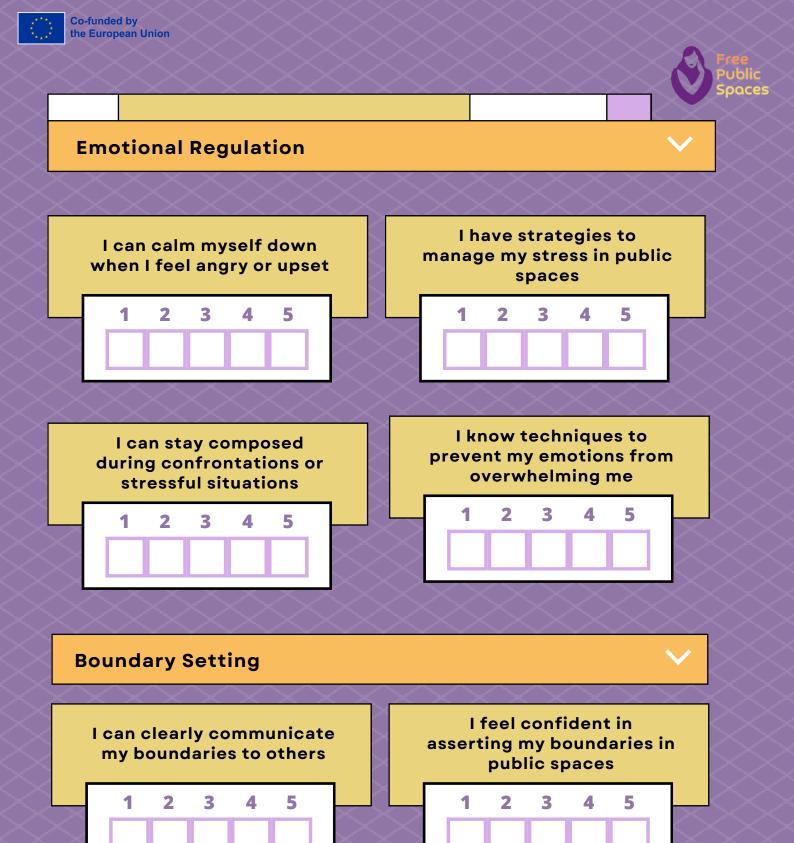
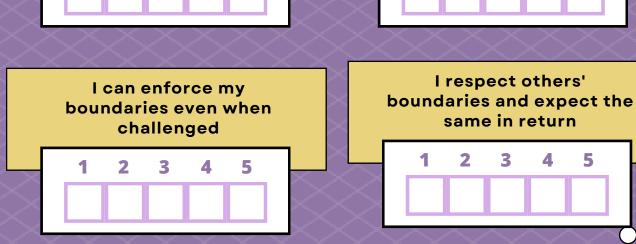
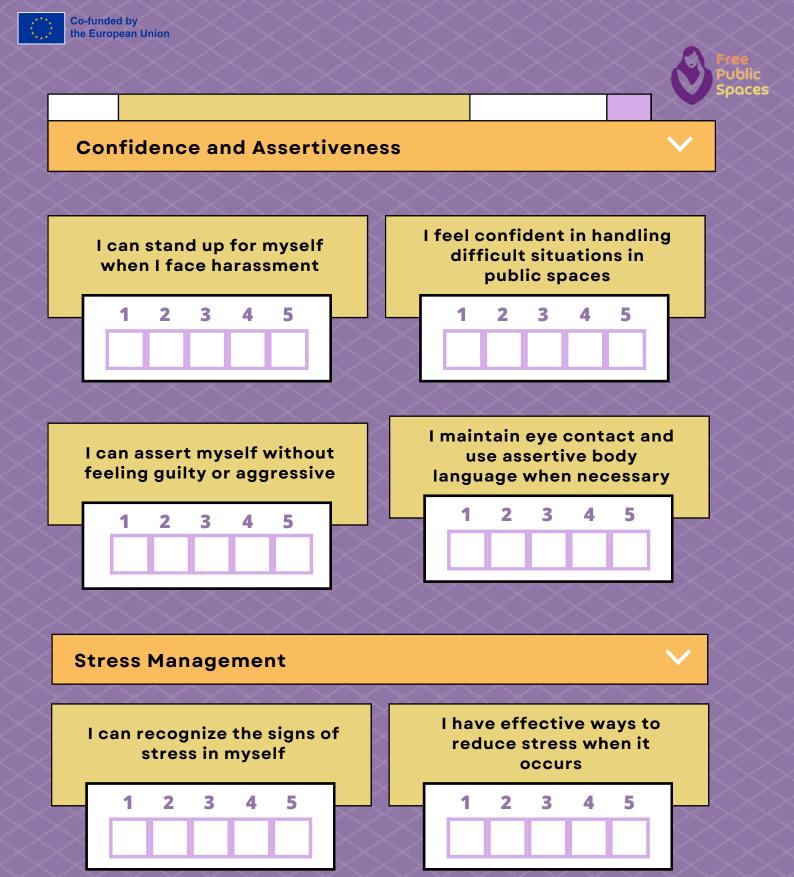
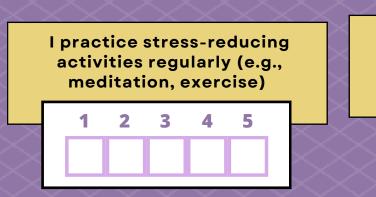


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## Post Self-Assessment Reflection

• What are your strengths in emotional management and boundary-setting?

• What areas do you feel need improvement?

 What goals can you set to enhance your emotional management skills?

