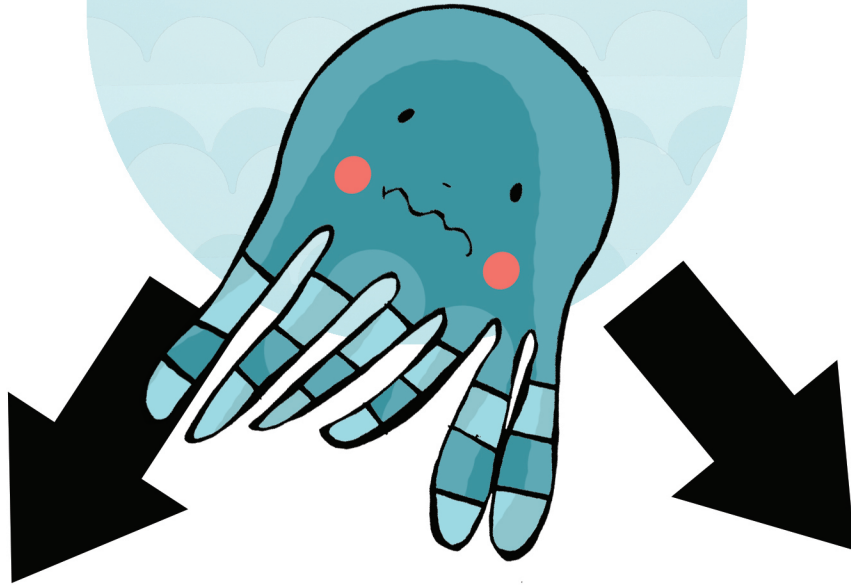


# When I feel Discouraged



**This is what it feels like for me:**

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**This is what I can do about it:**

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