

Change the Tape

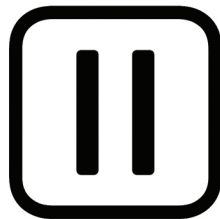
Sometimes our thoughts play like old tapes on repeat.
Let's pause, listen, and choose what we want to play.



The Tape I Keep Hearing



A Thought I'd Like to Try Instead



Pause. Breathe. Choose again.

