

"This is a Tough Moment" Walk-Through

with Elisha Goldstein

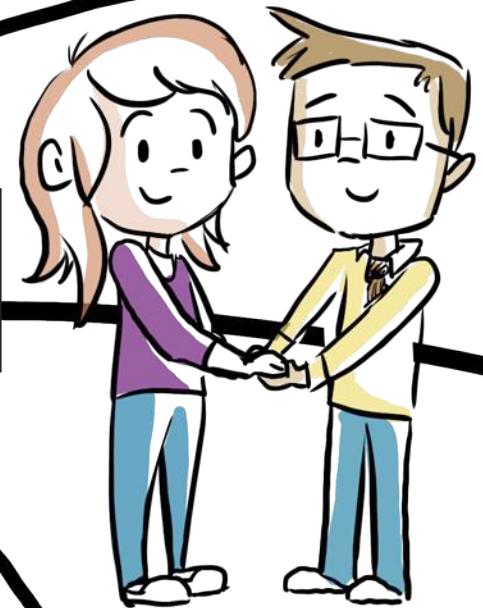
Use this guide the next time you experience a tough moment.



Be aware of the tough moment.



Name it:
"This is a Tough Moment".



You are not alone.



Soften around the moment.



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