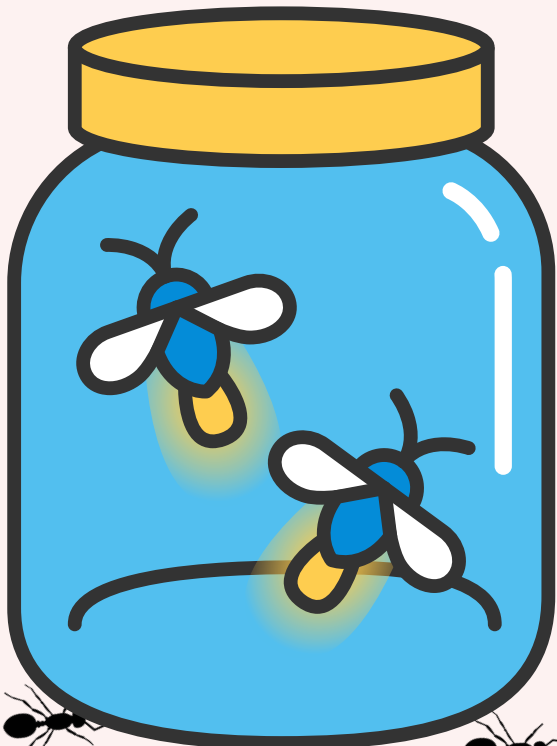


ANTS

AUTOMATIC NEGATIVE THOUGHTS

I'M NEVER GOING TO ...
THEY NEVER ...
THIS IS TOO HARD...



I MIGHT AS
WELL JUST QUIT!

