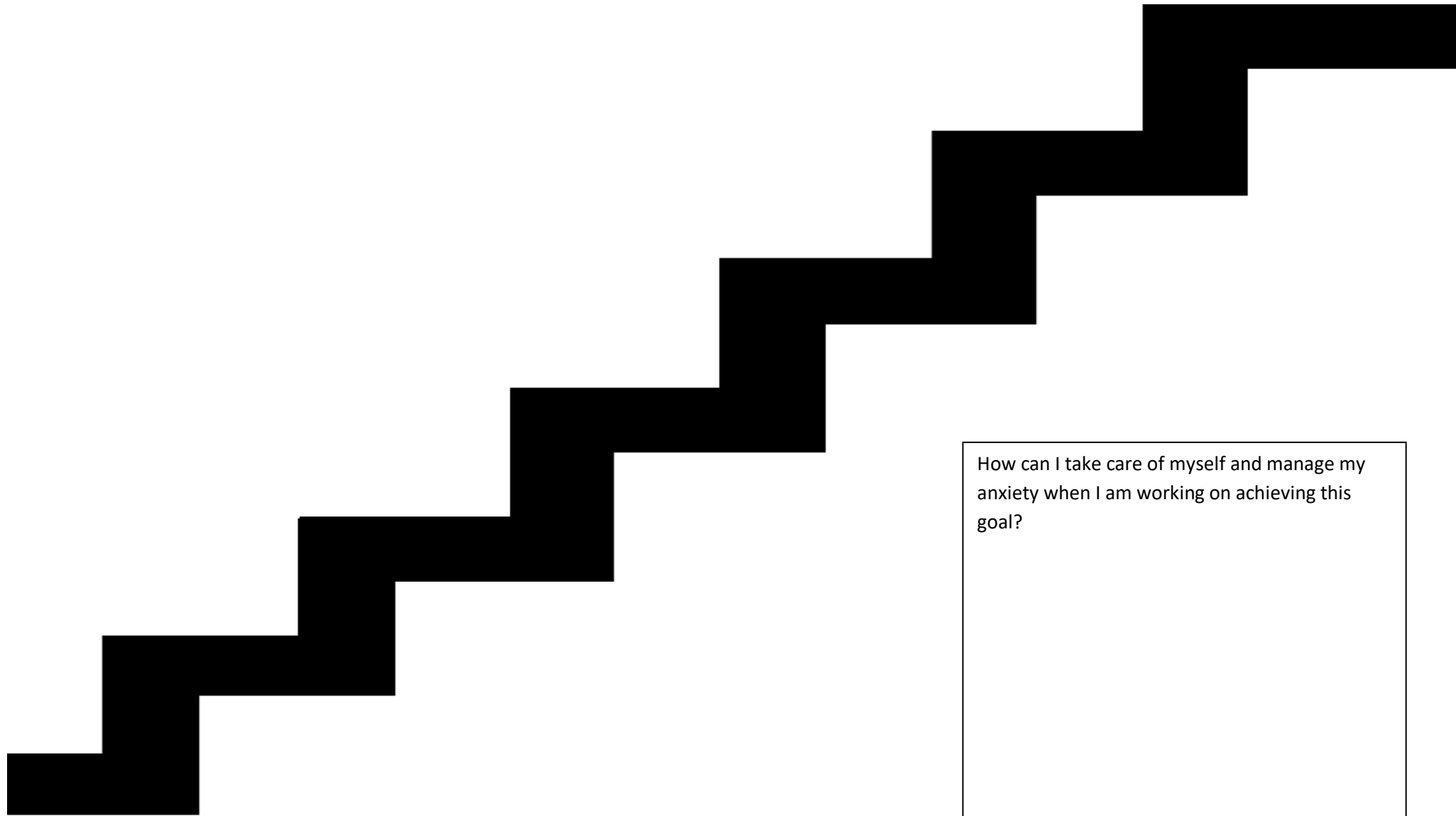


## Step by Step

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How can I take care of myself and manage my anxiety when I am working on achieving this goal?