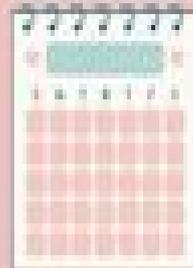


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Develop practical strategies



Learn time management, organizational skills, and task breakdown methods

Improve self-management



Enhance goal-setting, problem-solving, motivation, and reduce procrastination

Enhance interpersonal skills



Improve communication, listening, assertiveness, and conflict resolution

Address co-occurring issues



Identify and challenge negative thoughts, build self-esteem, and resilience

Promote mindfulness



Practice meditation, recognize and manage triggers, cultivate self-compassion

Strategies In Counseling For Behavior Change

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