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жизни. Важно помнить, что в жизни каждого из нас есть как позитивные, так и негативные моменты. Использование техники «Беседы с собой» поможет вам лучше понять себя, свои мысли и чувства, а также научитьсяправляться с негативными эмоциями и стрессами. Помните, что вы – это ваша самая большая ценность, и вы заслуживаете всего самого лучшего.

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A horizontal row of ten empty rectangular boxes, intended for the student to write their answer in. The boxes are arranged in a single row, with a small gap between each box.

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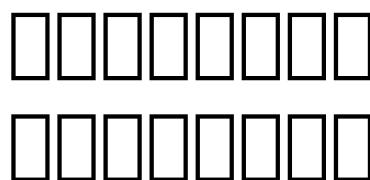
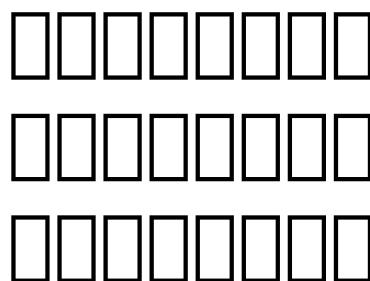
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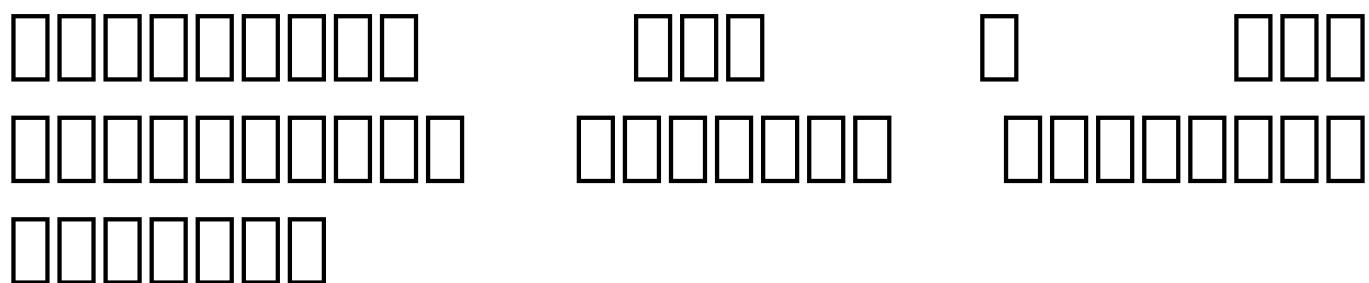
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A horizontal bar chart illustrating the distribution of 100 data points across four categories. The categories are represented by vertical bars of different heights. Category A (leftmost) has 30 points, Category B (second from left) has 30 points, Category C (third from left) has 20 points, and Category D (rightmost) has 20 points. The total length of all bars combined is 100 units.

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The image shows a series of 10 empty rectangular boxes arranged horizontally. This is followed by two groups of four empty rectangular boxes each, also arranged horizontally. The boxes are white with black outlines.

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The diagram consists of four horizontal rows of empty rectangles. The first row contains 4 rectangles. The second row contains 5 rectangles. The third row contains 6 rectangles. The fourth row contains 7 rectangles. All rectangles are identical in size and shape, with a thin black border.

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