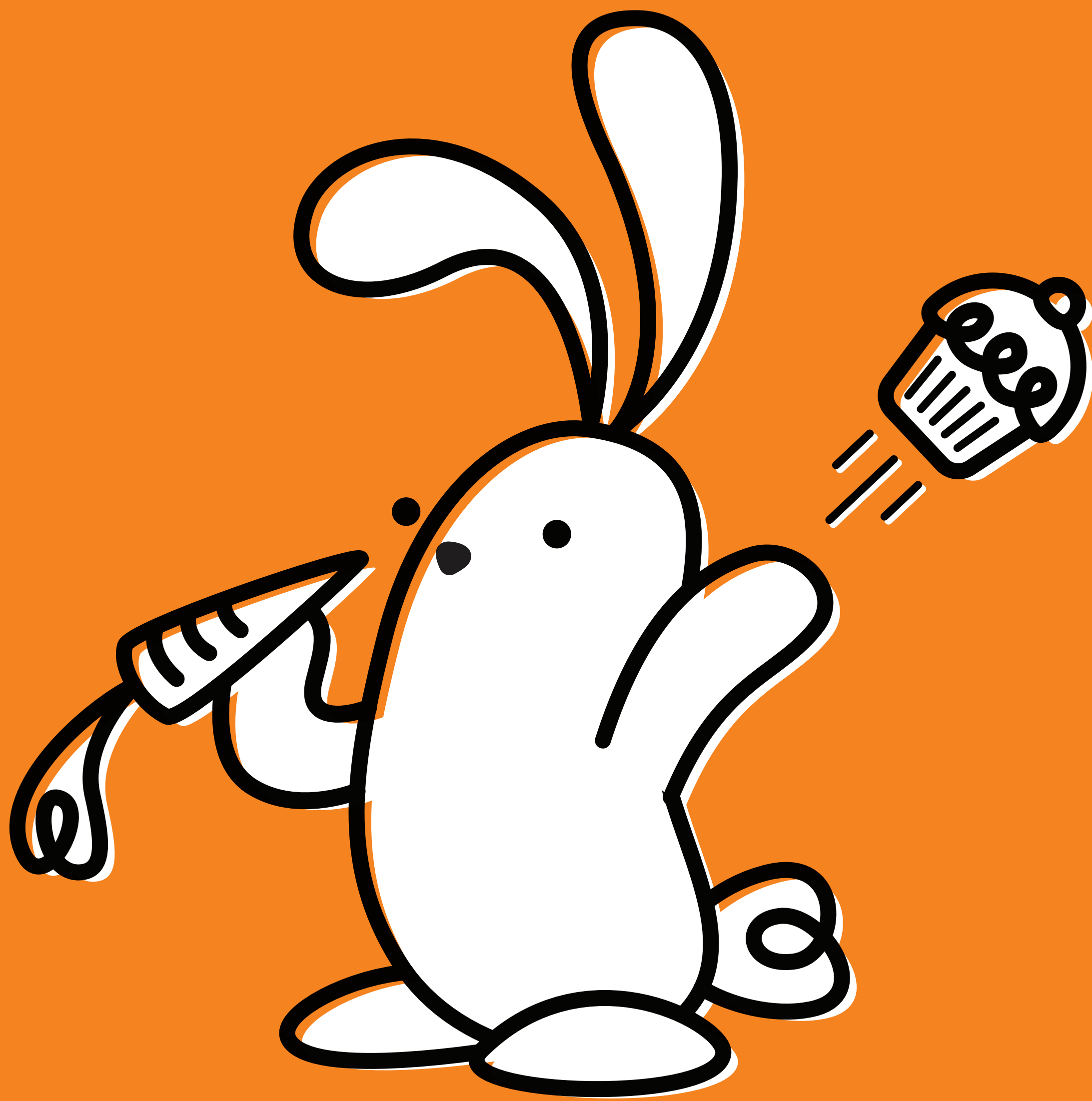


SELF-DISCIPLINE

Controlling what you do or say
so you don't hurt yourself or others.



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