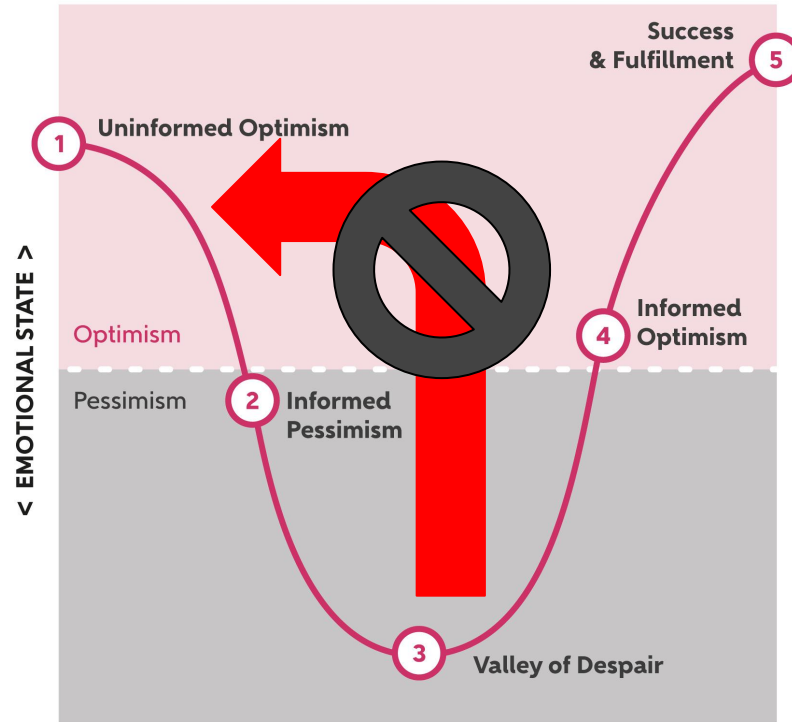


Ally: Emotional Cycle of Change*



QUIT & REPEAT PHASES 1-3 < TIME > PUSH THROUGH TO SUCCESS

* As developed by psychologists Don Kelley and Daryl Connor