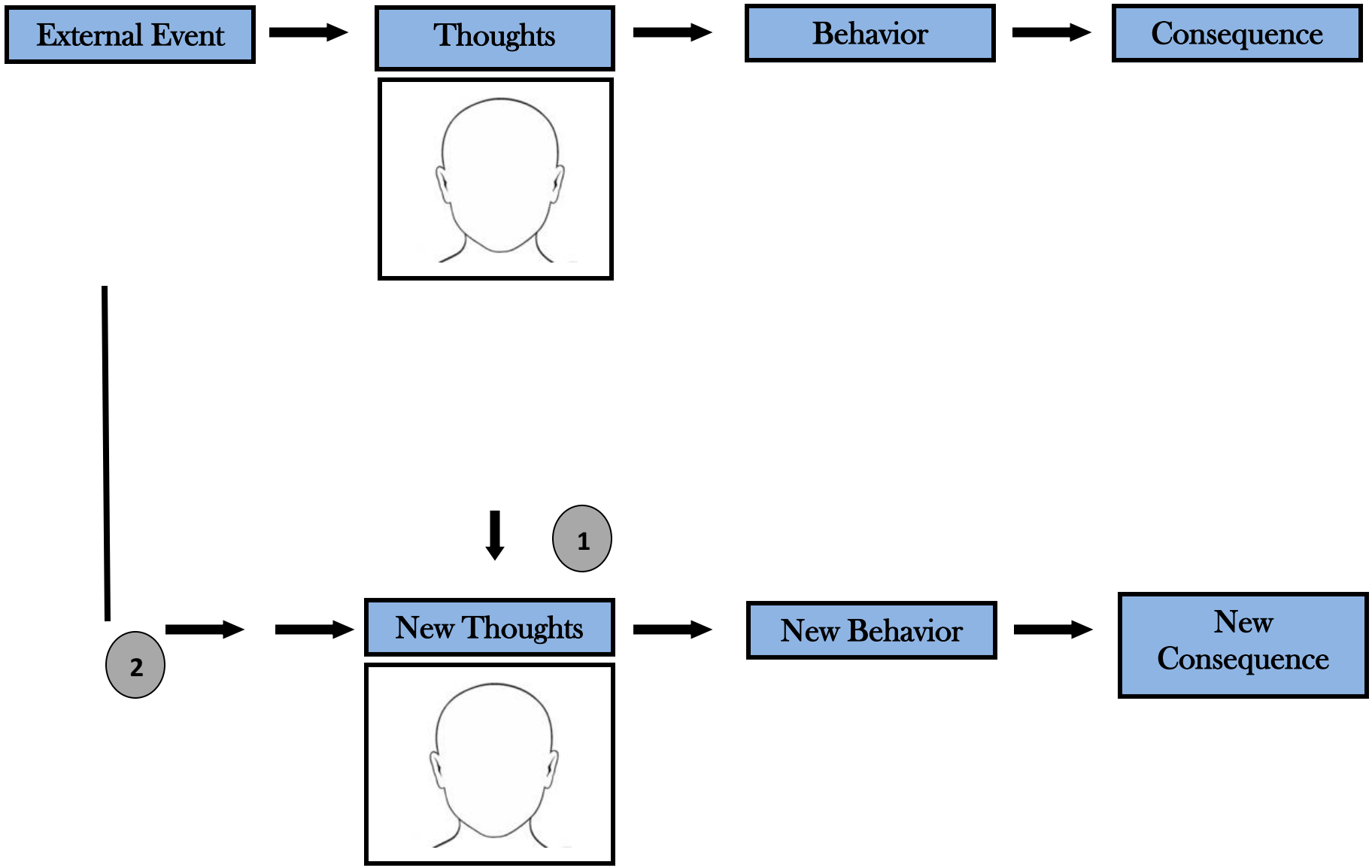
External Event
Thoughts
Behavior
Consequence
1
2
New Thoughts
New Behavior
New Consequence