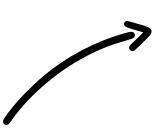


Trigger:
My mom is
on a long
road trip











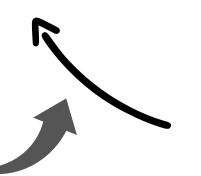
Thought:
Something bad is bound to happen on a long road trip!





Quick fix:
I keep texting mom
over and over to
make sure she is
okay

and the cycle continues



Short-term relief:
I feel less anxious
for a bit

