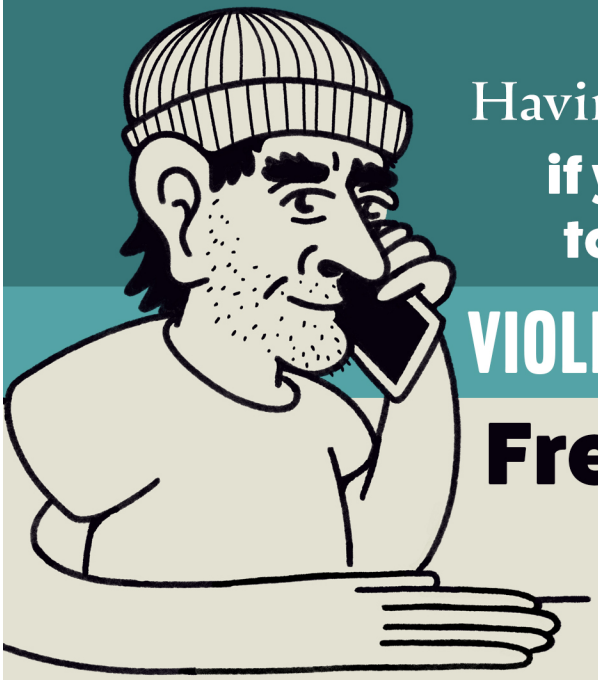

Having angry thoughts is normal,

if you begin to make plans to hurt others, *reach out!*

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