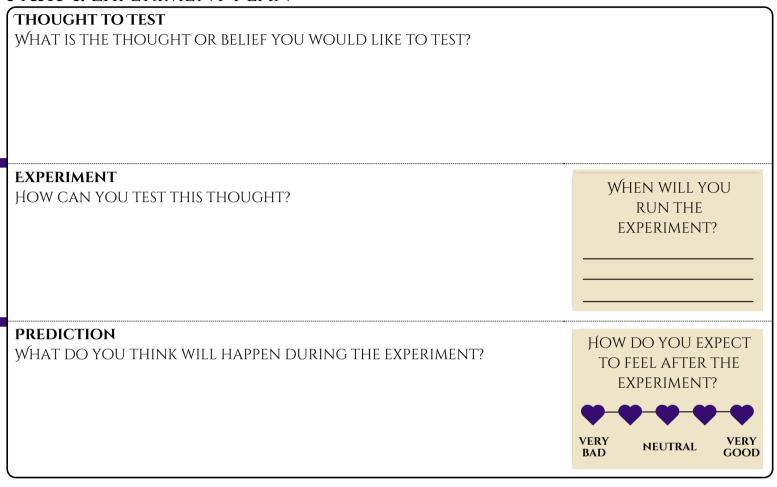
BEHAVIORAL EXPERIMENT

Our brains are like the ultimate puppet masters, pulling the strings on how we feel and what we do. Even the wackiest thoughts can sneak in and mess with our vibe, sending us on a rollercoaster ride. Picture this: a nifty experiment to catch those sneaky thoughts red-handed and swap them out for some shiny new positive ones.

PART I: EXPERIMENT PLAN



PART 2: EXPERIMENT RESULTS

