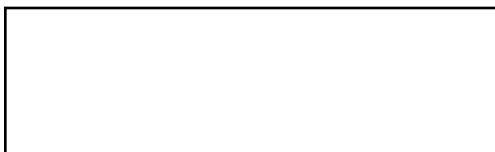# Maintenance Formulation

**What happened? (Events)**

**How I interpret the events (Thoughts)**

**What I do when this happens (Behaviour / Responses)**

**How I feel when this happens (Feelings)**