



# CAMBIAMENTI E STRATEGIE

**CAMBIAMENTO DESIDERATO:**

**COSA DEVE ACCADERE?**

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# RELAZIONARSI CON LE ALTRE PERSONE

**Nuova Abilità / Hobby / Comportamento:**

**Possibile reazione da parte di altri:**

**La tua risposta:**

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**Nuova Abilità / Hobby / Comportamento:**

**Possibile reazione da parte di altri:**

**La tua risposta:**

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