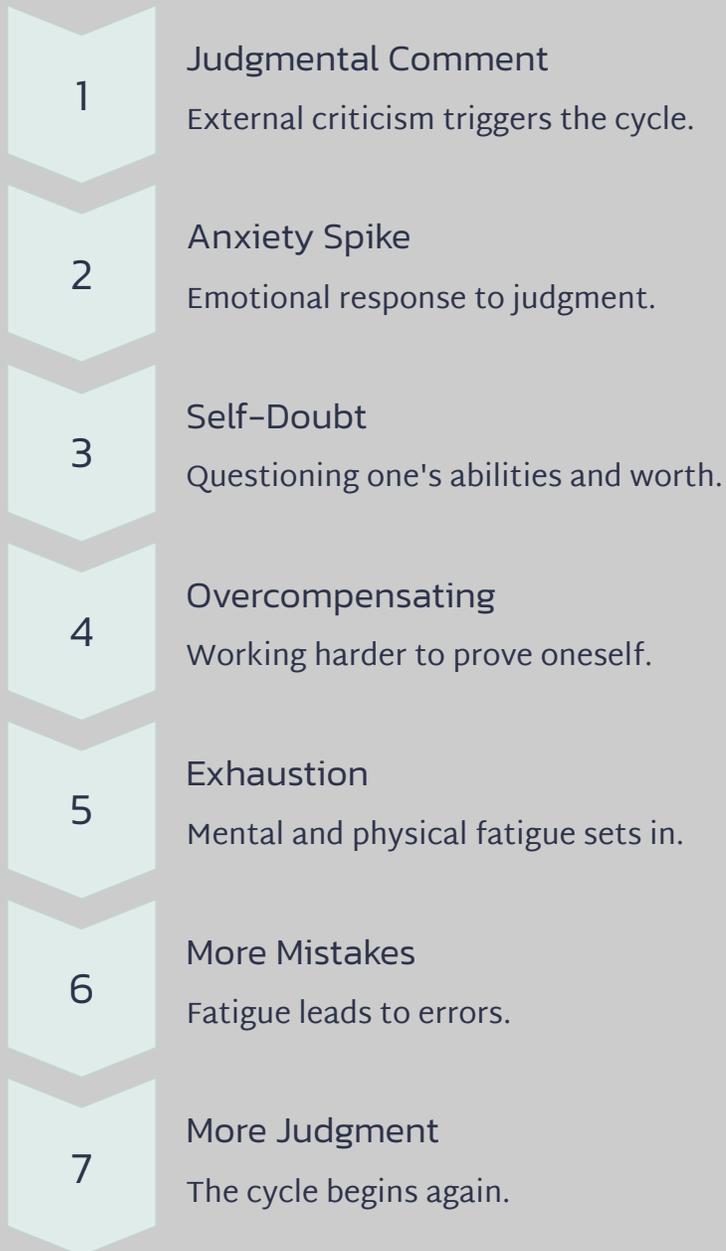


# The Cycle



Judgmental Comment → Anxiety Spike → Self-Doubt → Overcompensating → Exhaustion → More Mistakes → More Judgment