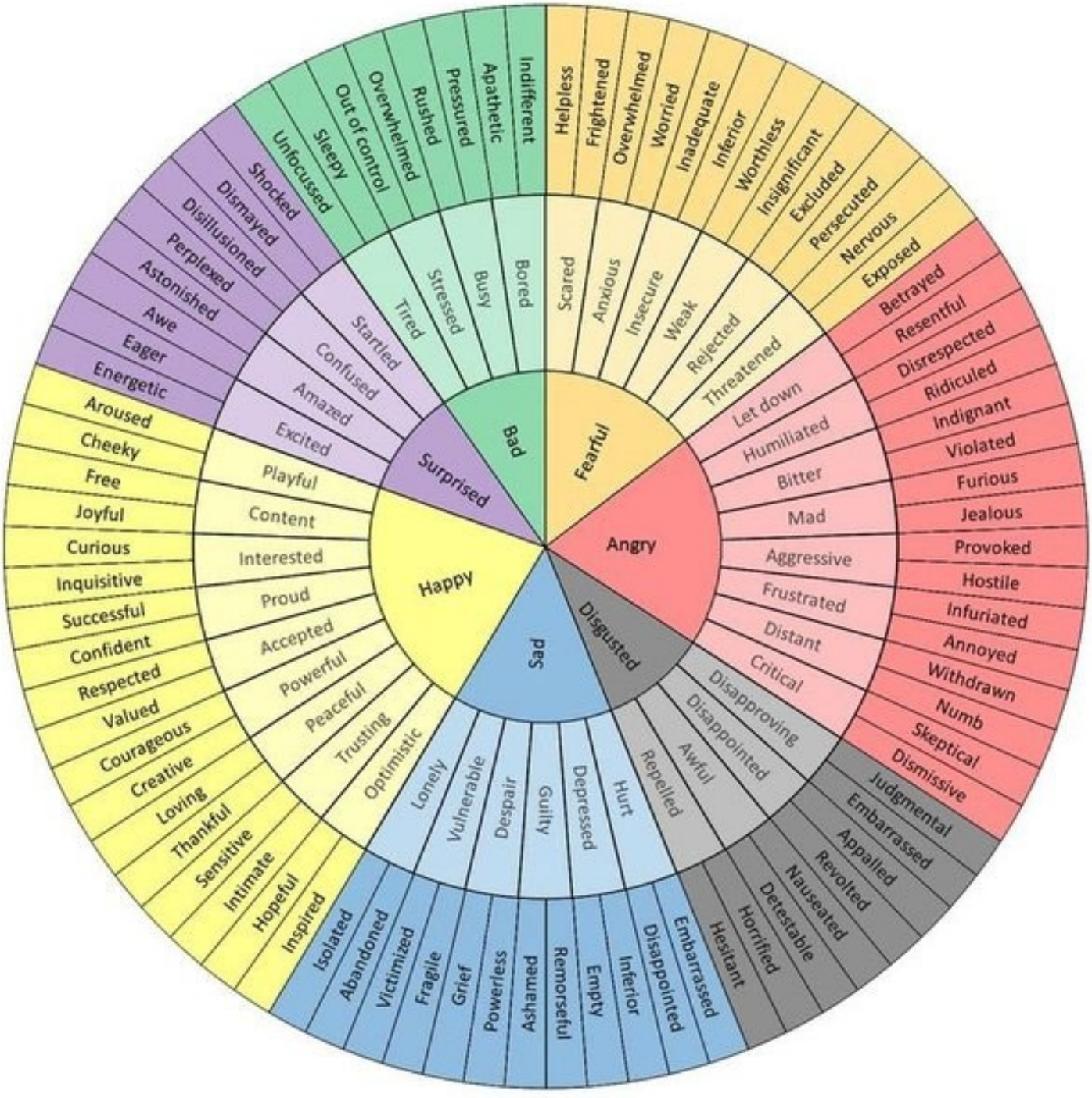Navigating the Emotional Rollercoaster