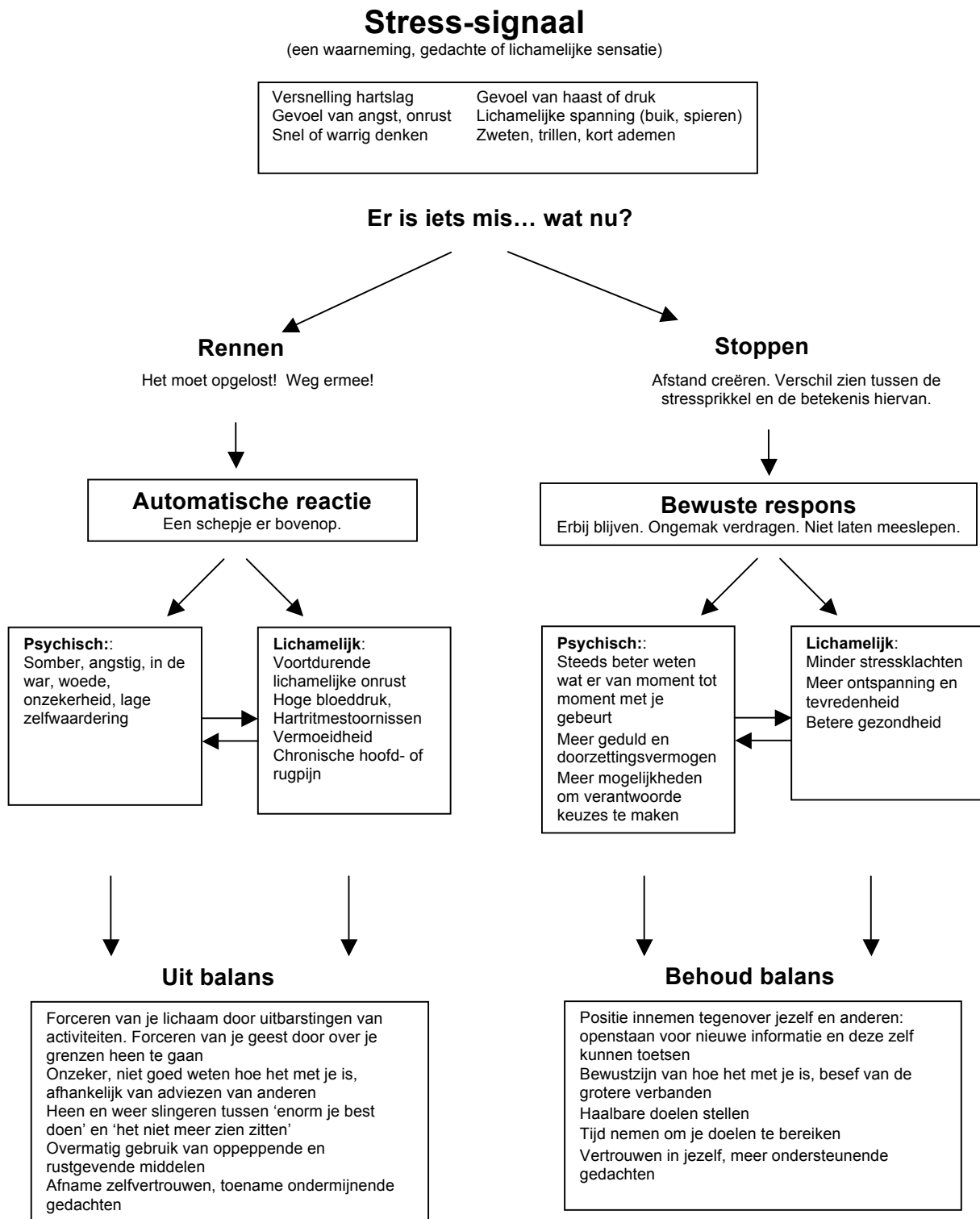


**Sessie 5**  
**SCHEMA AUTOMATISCHE REACTIE EN BEWUSTE RESPONS<sup>i</sup>**



<sup>i</sup> Naar Rob Brandsma, *Beter nu, breng mindfulness in je leven*, Scriptum 2007, p. 40.