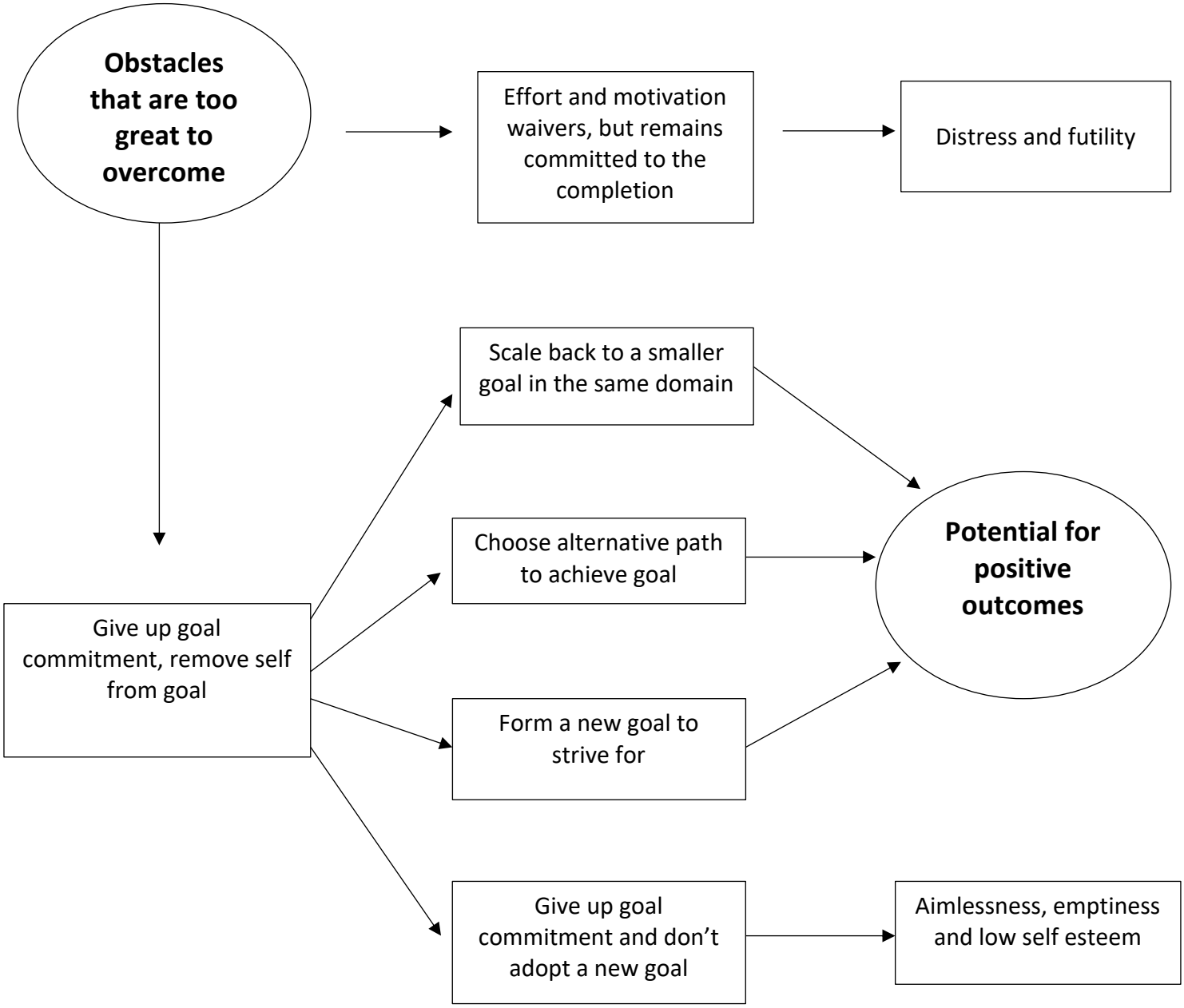
Obstacles that are too great to overcome
Effort and motivation waivers, but remains committed to the completion
Distress and futility
Scale back to a smaller goal in the same domain
Choose alternative path to achieve goal
Potential for positive outcomes
Give up goal commitment, remove self from goal
Form a new goal to strive for
Give up goal commitment and don't adopt a new goal
Aimlessness, emptiness and low self esteem