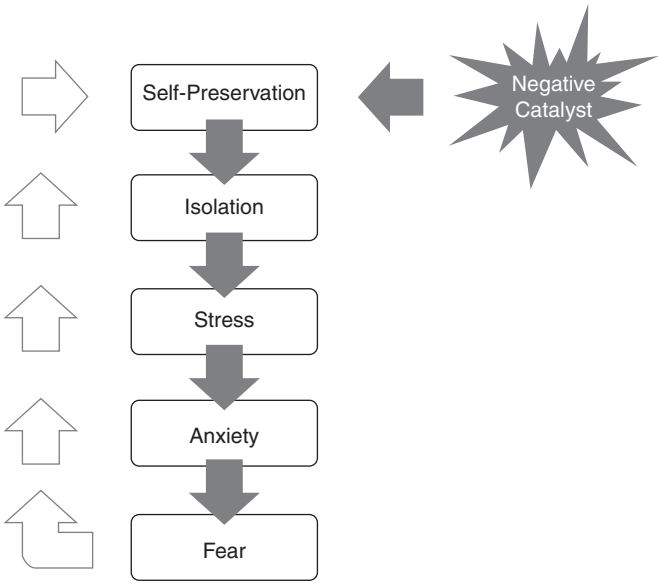**Figure 3.1** Disengagement Cycle