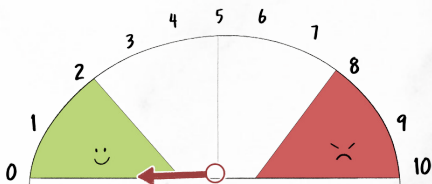


# BACK TO ZERO REFLECTION



What types of situations cause your emotions to reach a level 10?

What does a 10 look like for you?

<b>What am I saying?</b>	<b>What am I feeling?</b>
<b>What am I doing?</b>	<b>What am I thinking?</b>

List three strategies you can use when you feel angry or frustrated and you need to get back to 0 or closer to it.

