

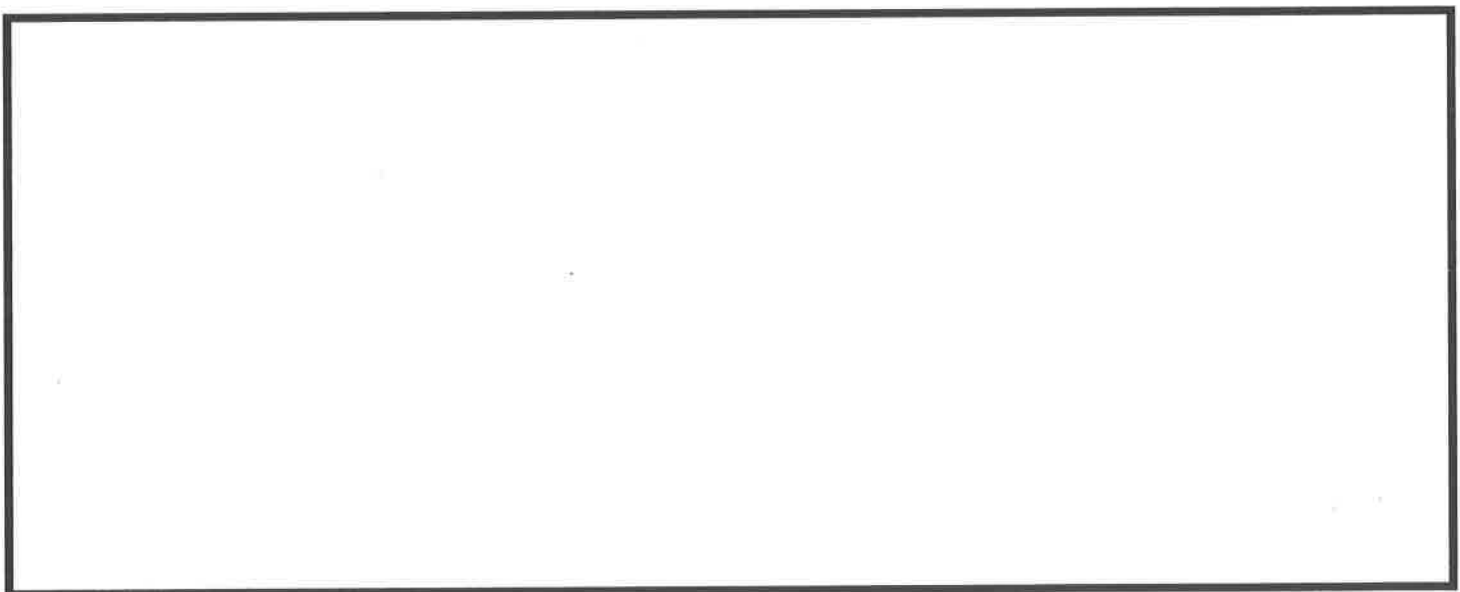
Gauging My Problems

Sometimes I might need to do some extra things so that I can let go of the problem and feel better inside.

Some Examples:

- * Take a deep breath.
- * Count to 10 by myself or use a bead counter.
- * Get a drink of cool water.
- * Write in a journal or talk into a tape recorder.
- * Find a quiet place.
- * Sit quietly and rub a worry stone.
- * Chew a peice of gum.

So that I can let go and feel better inside I can.....

A large, empty rectangular box with a black border, intended for the user to write their own coping strategies.