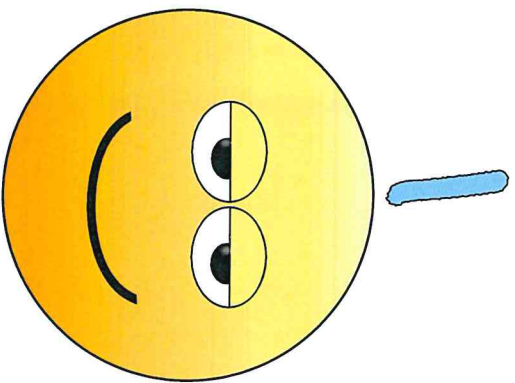
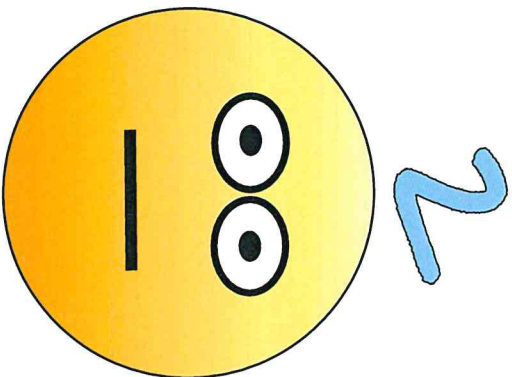


Where are you on the scale?

Control the anger. Don't let the anger control you!



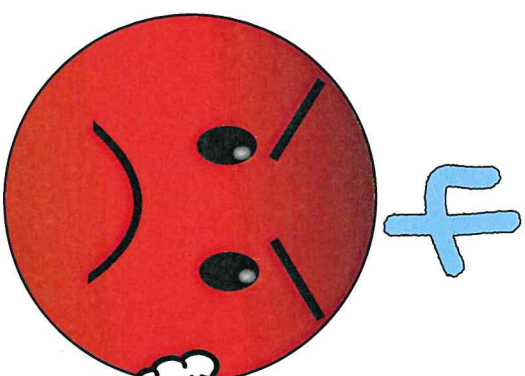
CALM



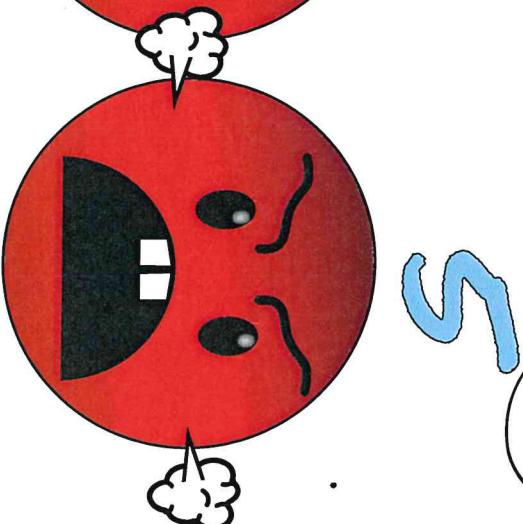
OK



ANNOYED



ANGRY



FURIOUS

Use your calming strategies...