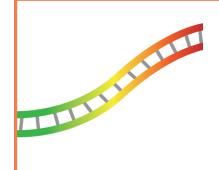
Controlling Emotions



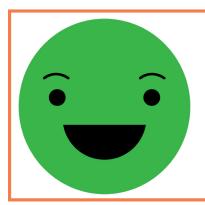
1. Stop!



2. Figure out your emotion zone.



3. Use an emotion tool.



4. Tell yourself, "Good job staying calm."