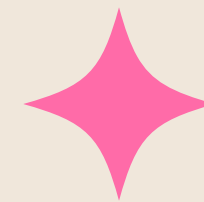


NEVER
HAVE
I EVER







MISSED AN
IMPORTANT
EVENT WITH
FAMILY OR
FRIENDS





LOST MY
TEMPER AND
YELLED AT
SOMEONE
IN THE OFFICE





USED FOOD OR
OTHER
SUBSTANCES
TO SELF-
MEDICATE





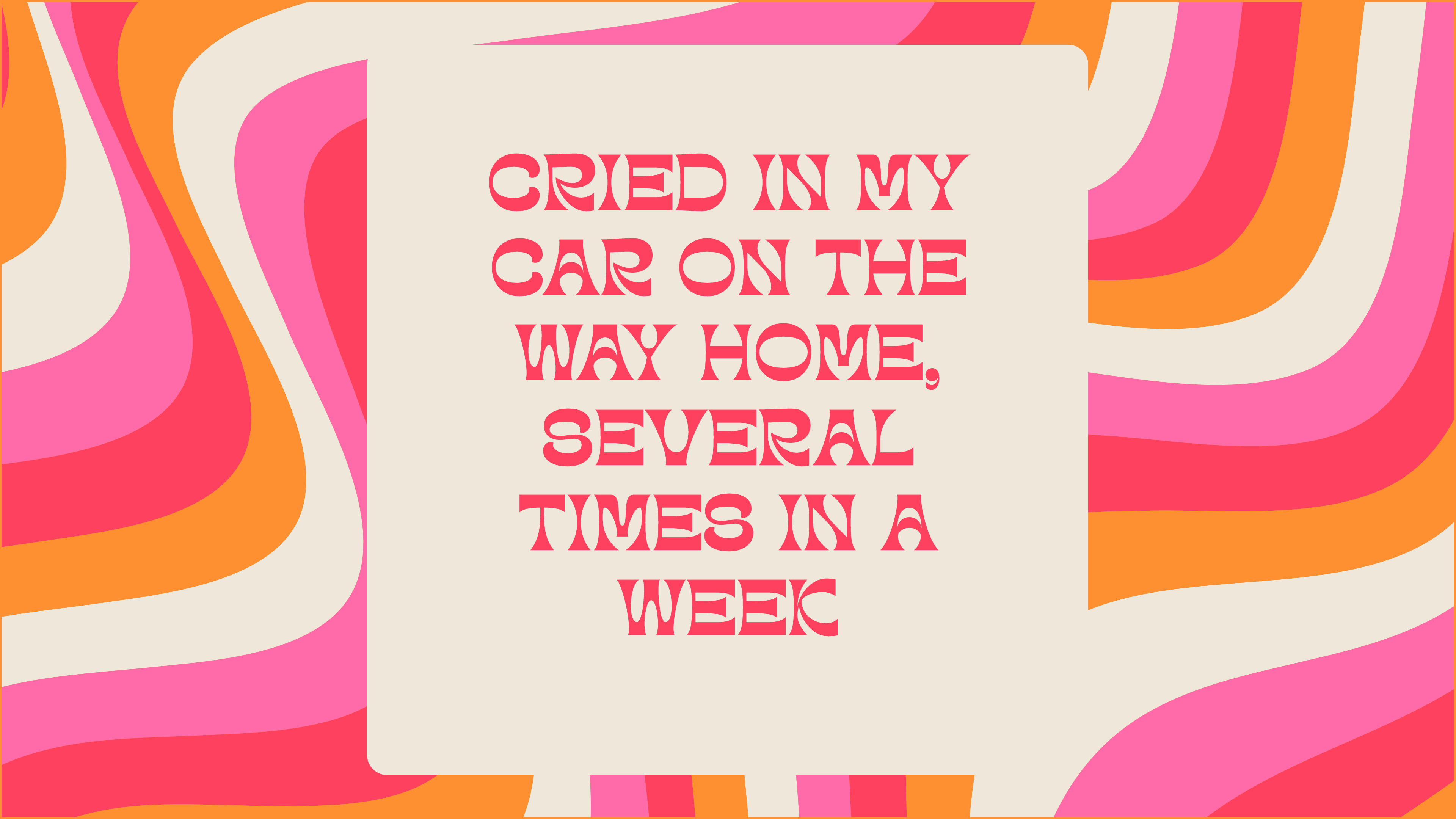
HAD COFFEE
FOR
BREAKFAST
AND SKIPPED
LUNCH





STAYED UP
LATE WORKING
AND THEN GOT
UP EARLY
AGAIN





CRIED IN MY
CAR ON THE
WAY HOME,
SEVERAL
TIMES IN A
WEEK





HONKED,
FLIPPED OFF
OR CURSED AT
“STUPID
DRIVERS”





LOST MY
TEMPER WHEN
THERE WAS NO
PARKING AT
THE
COURTHOUSE

**NO
PARKING**



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YELLED AT THE
JUDGE OR
PROSECUTOR
ON THE
RECORD





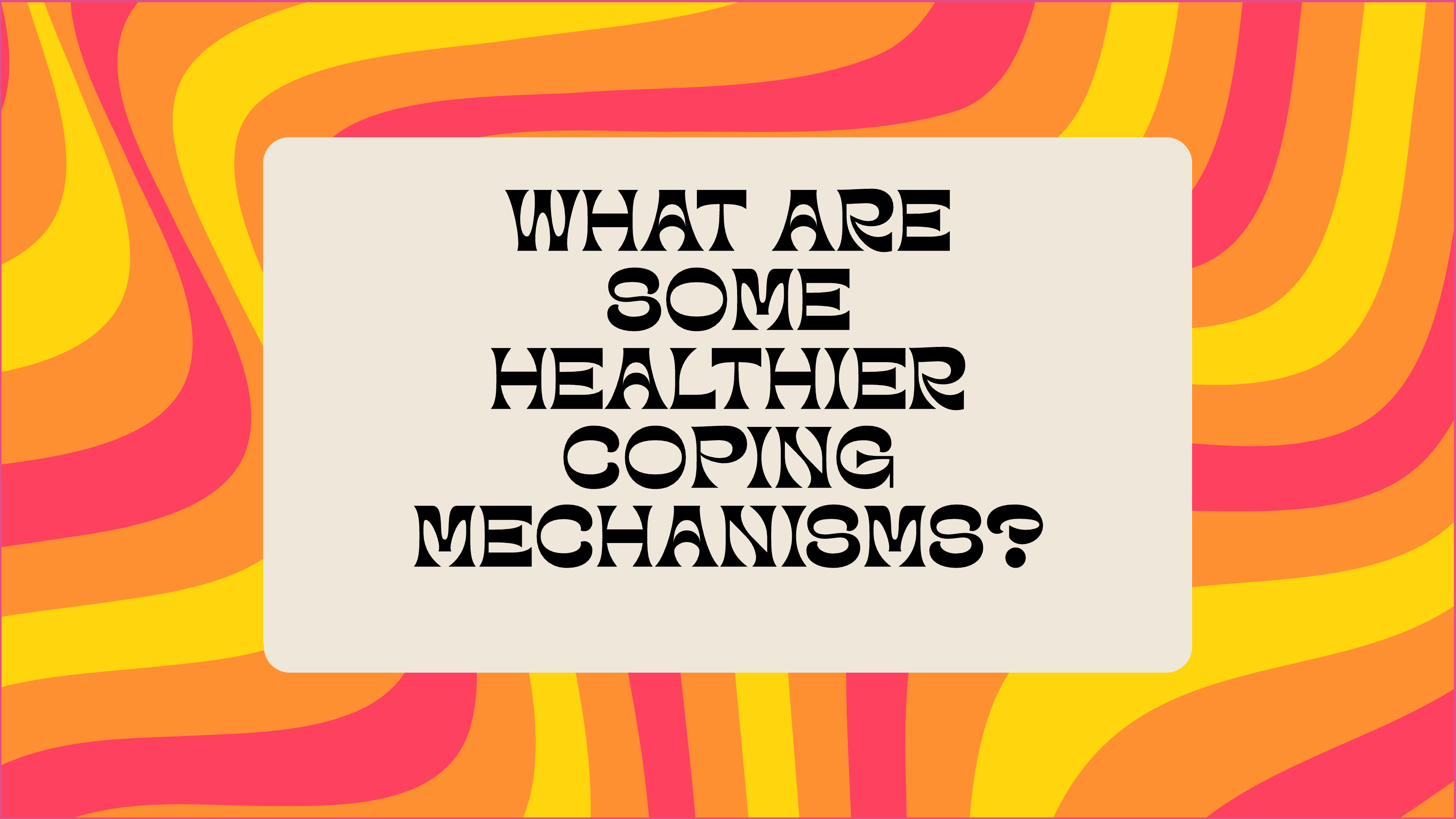
VENTED TO
PARTNER OR
FRIENDS
BEFORE EVEN
SAYING HELLO





THANK YOU FOR PLAYING!

We hope you enjoyed the game.



**WHAT ARE
SOME
HEALTHIER
COPING
MECHANISMS?**



**TAKE SOME
DEEP
BREATHS**

B R E A T H E



**MEDITATE,
PRAY OR JUST
CLOSE YOUR
EYES**





**EXERCISE,
STRETCH OR
DO YOGA**





**READ A BOOK,
POEM OR
ARTICLE FOR
PLEASURE**





**GO FOR A
WALK
OUTSIDE IN
NATURE**





**SPEND TIME
WITH FAMILY,
FRIENDS OR
PETS**





**ENJOY A
HEALTHY
SNACK OR
BEVERAGE**





**ASK FOR HELP
OR
COMMUNICATE
YOUR NEEDS**

nope





**SPEND TIME
GARDENING
OR WATER
PLANTS**





**TAKE A SHORT
DANCE BREAK**





**GO FORTH
AND BE WELL**