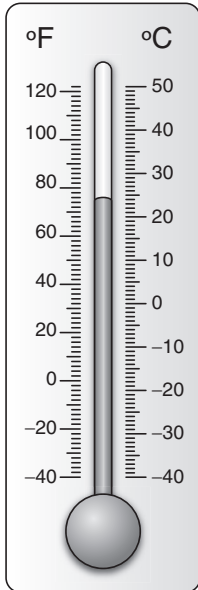


Getting to Zero

Use the Tension Scale to sort out your problem!

Complete the steps:



1 I am angry because...

2 I am on point ... on the scale.

3 To get down to point ... I need to ...

4 To get down to point zero I need to ...



5 When I am on zero I will feel ...
