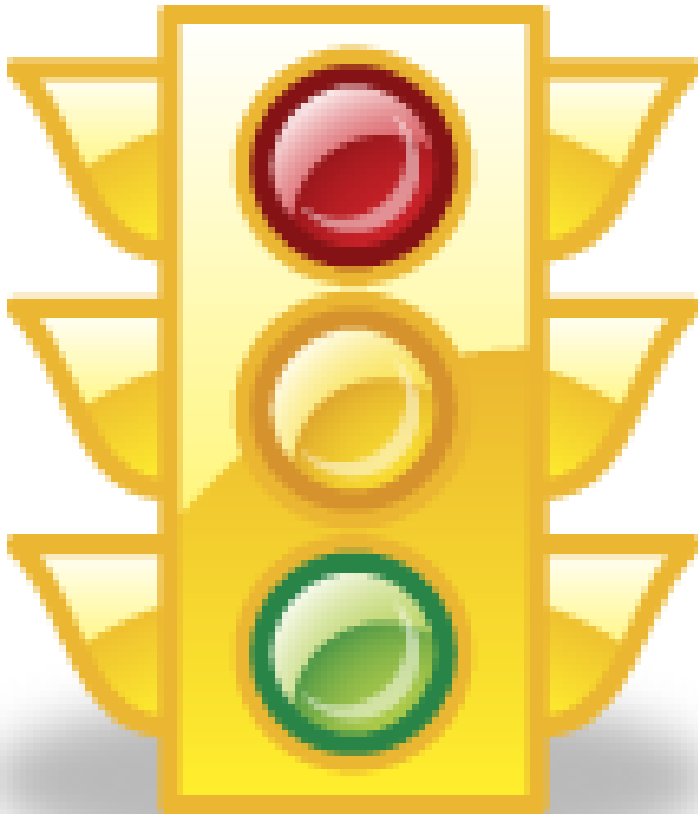


ANGER CONTROL STOPLIGHT



RED LIGHT

Calm down

Think before you act

YELLOW LIGHT

State the problem and how you feel about it

Set a positive goal

Explore possible solutions

Anticipate consequences

GREEN LIGHT

Implement the best plan