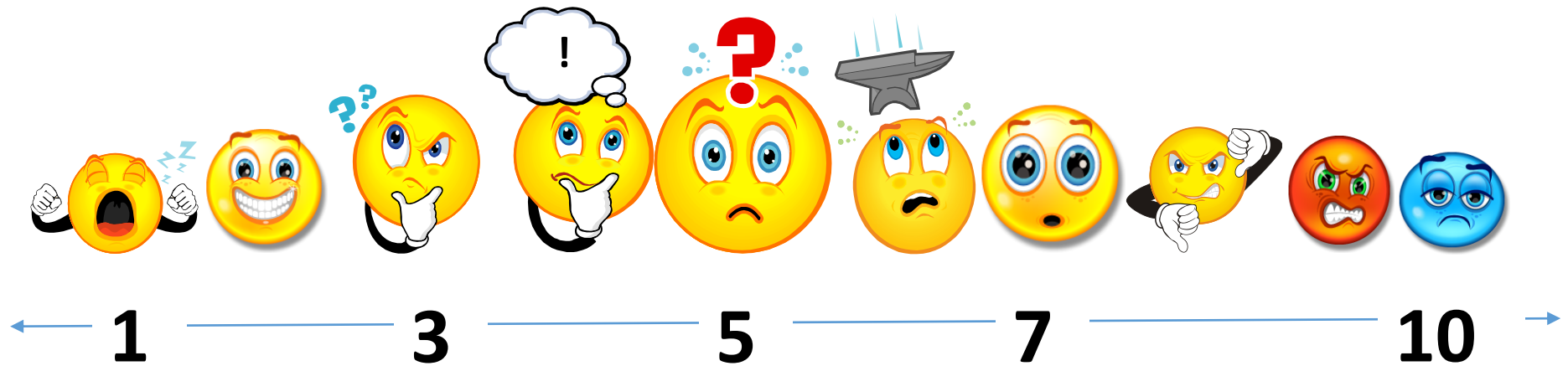


Managing Your Frustration



BOREDOM*ENTERTAINMENT***PROVOCATION*ENGAGEMENT*DISSONANCE***OVERWHELM*FEAR+PANIC*ANGER*RAGE*DISCONNECTION

When did it happen?	Number	Why do you think it happened?	What will you need in order for your frustration to stay between a 3-5?