

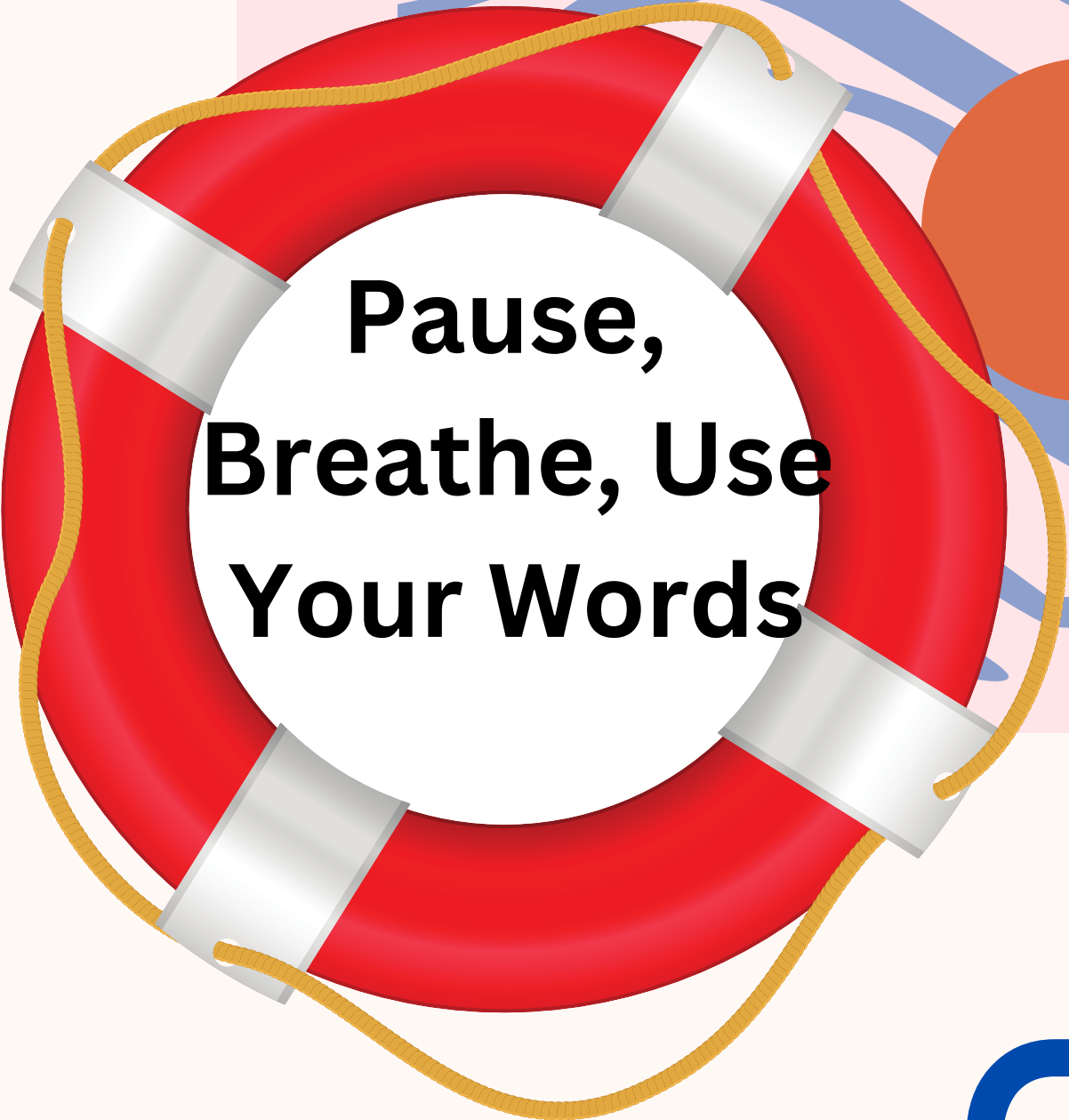
# BECOME COMFORTABLE WITH DISCOMFORT



**Notice**



**Name**



**Pause,  
Breathe, Use  
Your Words**



# SELF CONTROL