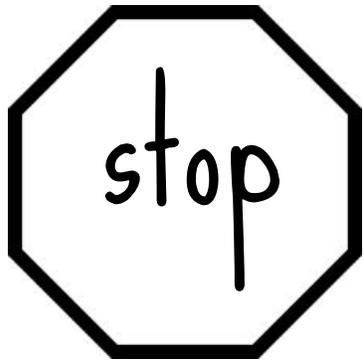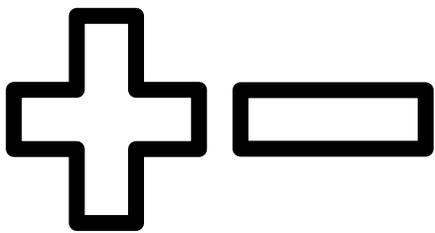# AM I SHOWING SELF- CONTROL?

stop what you're doing

think about what you're doing

+ − decide if it makes the situation better or worse

make the **BEST** decision

3rd with Ms Pfrang TPT