



## flow

When you're in the heat of the moment,  
it's hard to think about the "blast  
zone" of your response to things.

You can't even  
process the  
root of how  
you're feeling,  
because all  
you can see  
is red and  
all you  
want to do  
is

Let. It. Out.



And in the moment, letting go of that  
pent-up frustration can feel really good.





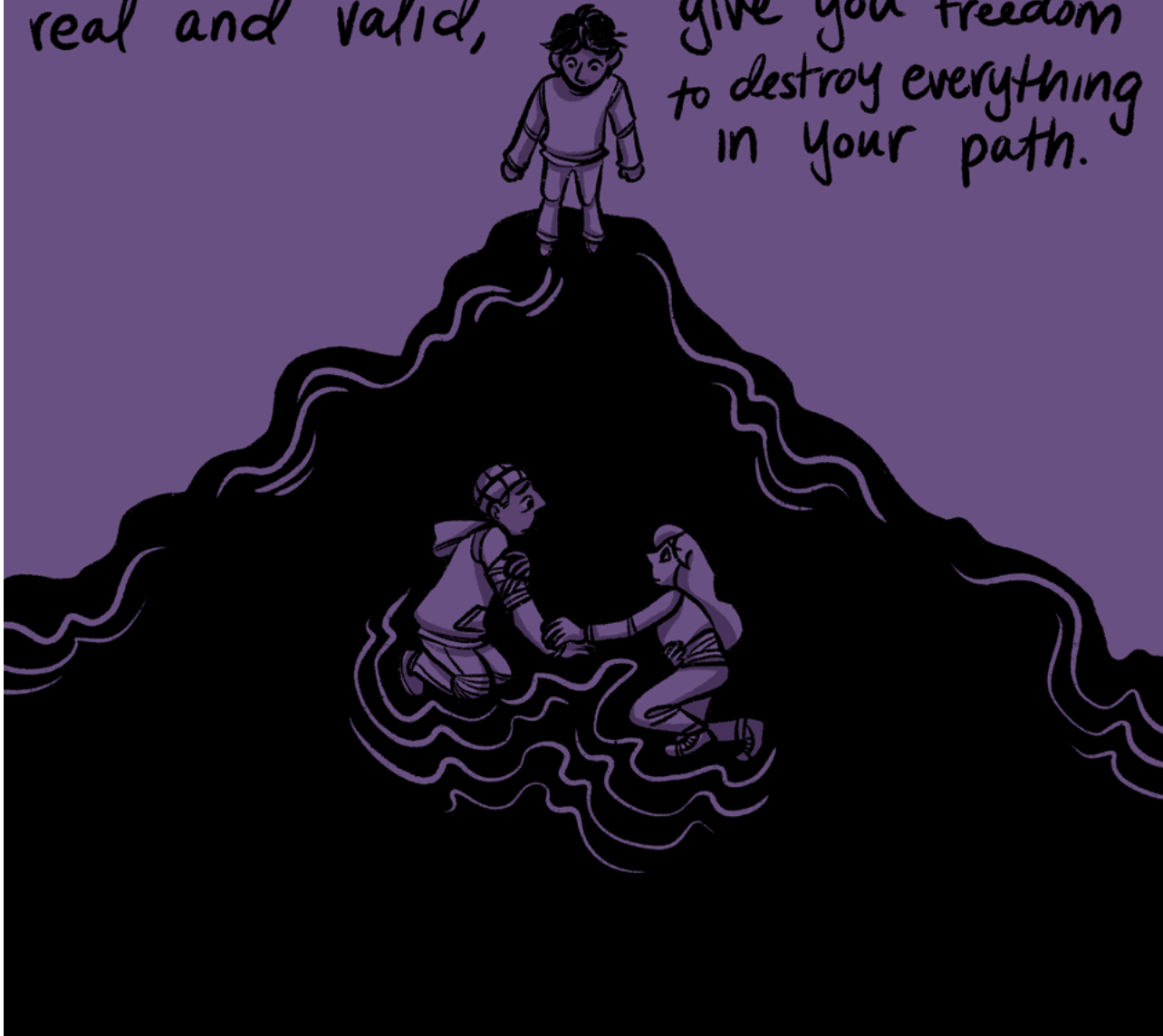
You're angry and scared and things feel out of control, but this feels like something you can control.

It might feel in your control, but what happens when you hurt others in the process?



Your feelings are  
real and valid,

but that doesn't  
give you freedom  
to destroy everything  
in your path.



Learning to manage the "blast zone" of your emotions takes real work, but it is good work that your loved ones will thank you for.

