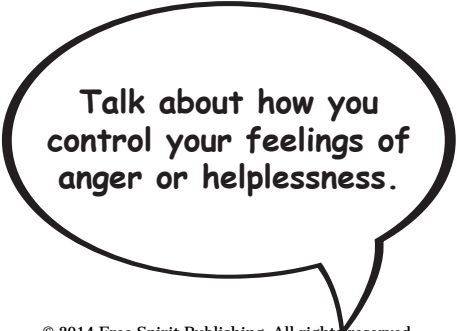


**Discuss how you feel
when going after a goal.
How do you feel after
you achieve a goal?**



**Discuss how
expectations and
standards affect you.**



**Talk about how you
control your feelings of
anger or helplessness.**