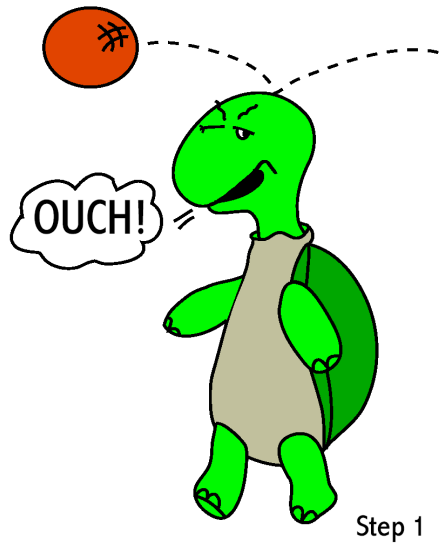
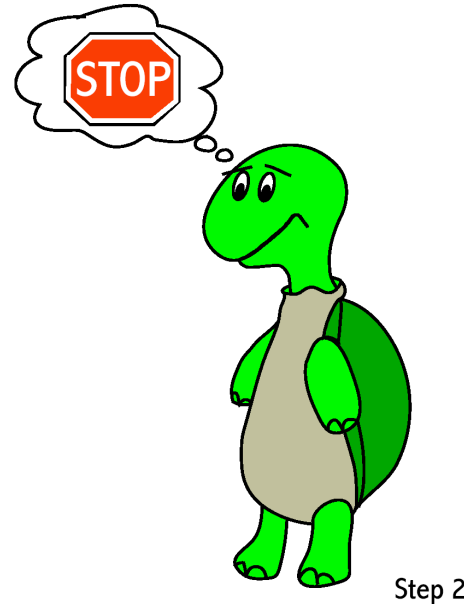


# Turtle Technique

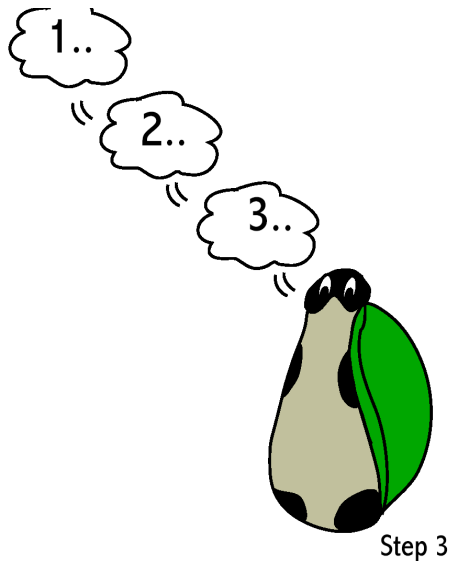
**Recognize  
that you  
feel angry.**



**“Think”  
Stop.**



**Go into shell.  
Take 3  
deep  
breathes.  
And think  
calm,  
coping  
thoughts.**



**Come out of  
shell when  
calm and  
think of a  
solution.**

