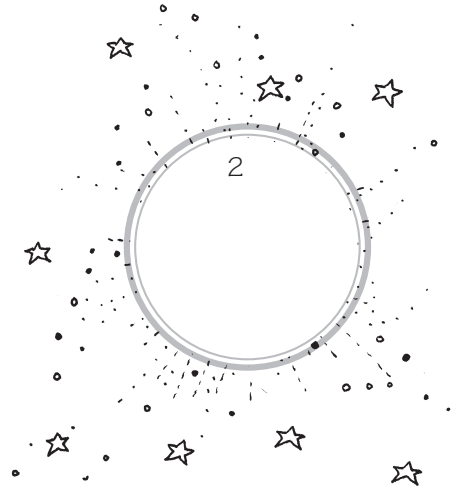
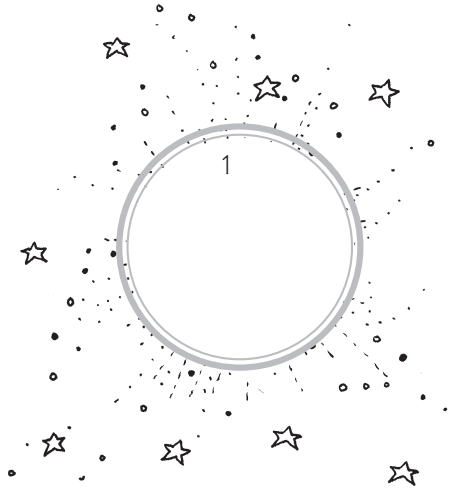


It's Dynamite!

Identify two situations that are 'dynamite' for you and make you feel very angry, very quickly.



Help yourself in these situations.

Situation 1	Situation 2
1 _____ _____	1 _____ _____
2 _____ _____	2 _____ _____

Who else can help you? How?
