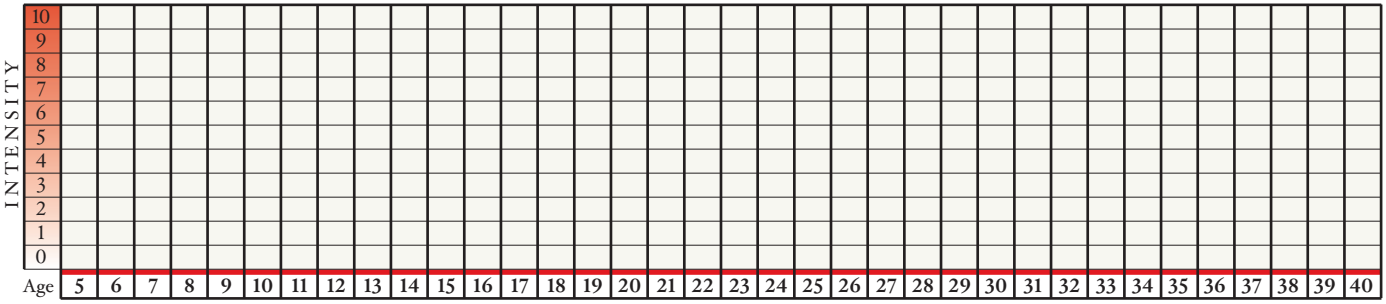
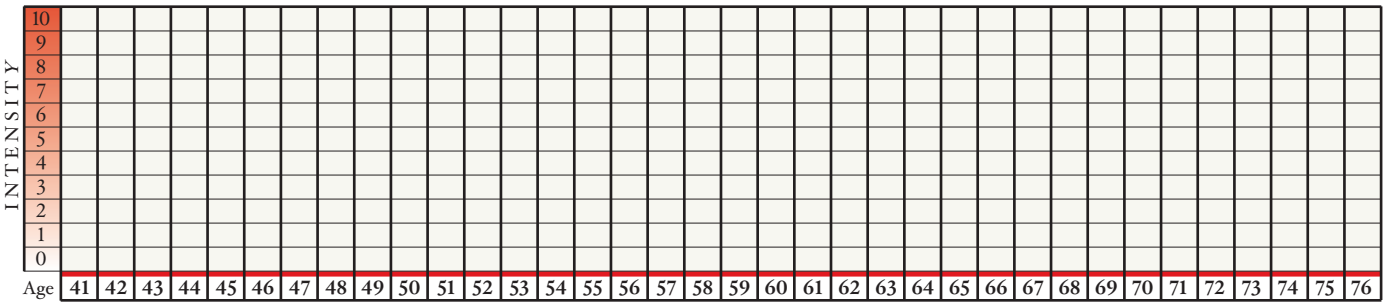
I'd Like to Use My Lifeline

This exercise can help you determine what incites your bête noire. Starting with your current age, mark your best estimate of its severity at this time. Then follow steps 3 through 5 to complete the chart.