

# ZONES OF SELF-CONTROL

- ANGER
- POOR PROBLEM SOLVING ABILITY

RED

- LITTLE TO NO SELF CONTROL
- STOP & WAIT

- FRUSTRATED
- FUZZY HEAD

YELLOW

- NOT THINKING CLEARLY
- MUST ACT FAST!

- CALM
- CLEAR HEAD

GREEN

- EASY TO COPE WITH STRESS & CONTROL SELF

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