

Tempted?

Sometimes, we need help dealing with temptation.



Here is one method you can use...

1. Yell **STOP!!!** Either aloud or silently to yourself.
2. Take 5 slow, deep breaths. Relax...
3. List 3 bad things that are likely to happen if you give in to your impulse.
4. Quickly think of something you can do instead, and do it!

Problem solved!

Congratulations!

MOVE!

