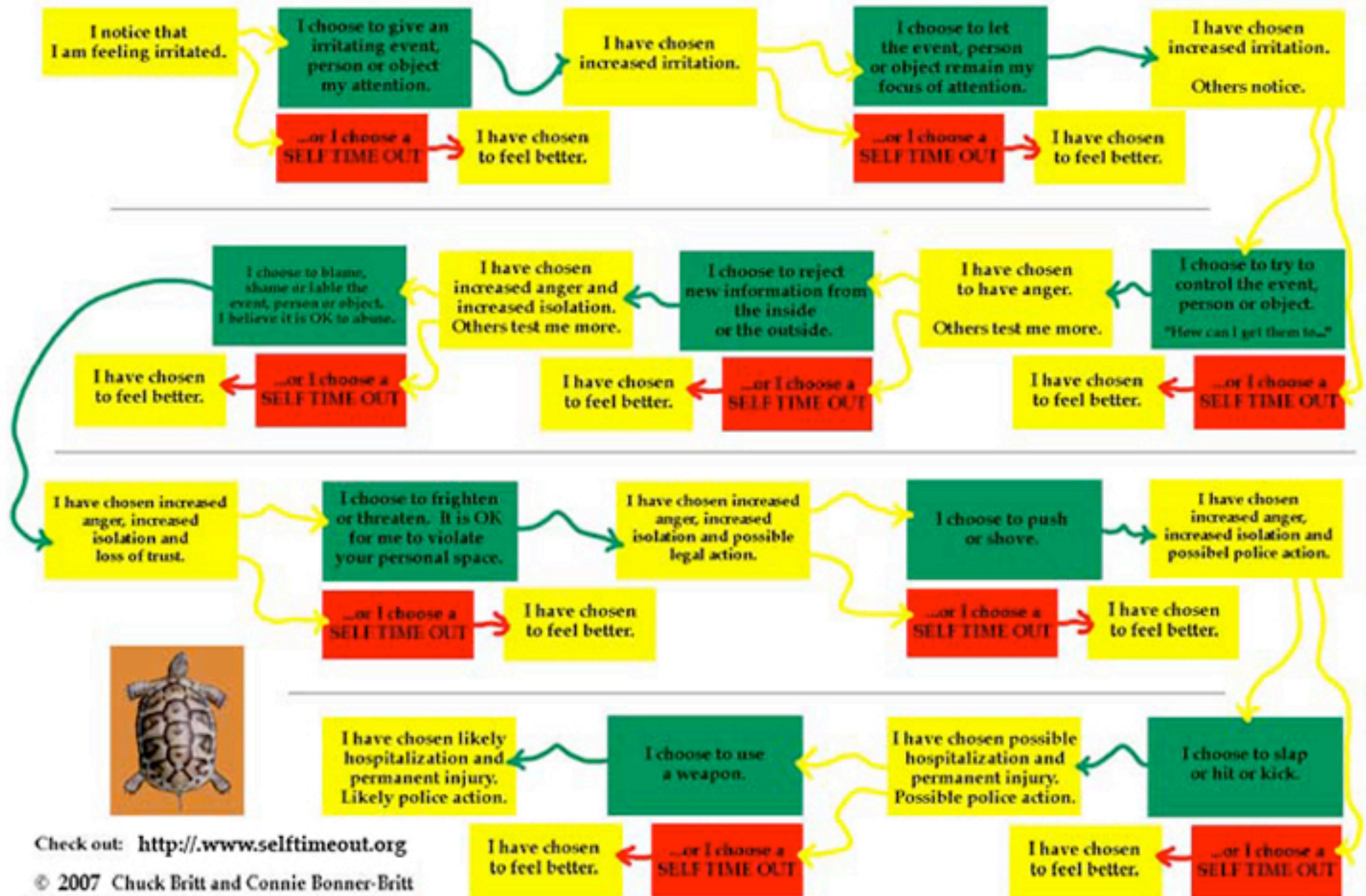


TIME OUT OPPORTUNITY FLOW CHART

I can continue escalating or I can take a SELF TIME OUT and avoid negative consequences.



Check out: <http://www.selftimeout.org>

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