



I AM ABLE TO WITHSTAND STRESSFULL  
SITUATION WITHOUT FALLING APART ..I AM  
TWO WORDS...FIND ME



EMOTIONAL SELF AWARENESS



IM ABLE TO ADJUST MY  
FEELINGS,THOUGHTS, BEHAVIORS TO  
CHANGING SITUATION.I AM ABLE TO RELAX



REALITY TESTING. IT IS WHAT IT IS.....IT  
IMPORTANT TO WRITE



GOING OUT TO EAT



IM THIRSTY



WHY IS COMMUNICATION SO IMPORTANT  
8622155759



ENTREE



LEAVING THE TIP..I.E.\$7.48\*.15=



SELF ESTEEM...HOW DO I DESCRIBE THAT