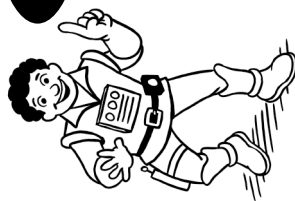

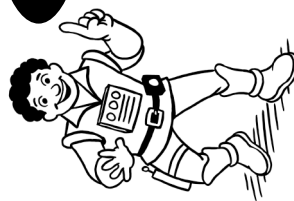




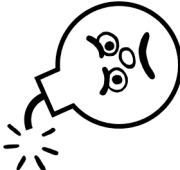

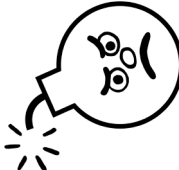

 <p><b>SUPER SOLUTION</b> This isn't worth getting angry about.</p>	<p><b>SUPER SOLUTION</b> I will hang in there and keep going without getting upset.</p> 	<p><b>SUPER SOLUTION</b> I can ignore this and not let it get to me.</p> 	<p><b>SUPER SOLUTION</b> I don't have to get all worked up about this.</p> 	<p><b>SUPER SOLUTION</b> I can wait. It's no big deal.</p> 	<p><b>SUPER SOLUTION</b> I just need to settle down.</p> 	<p><b>SUPER SOLUTION</b> Take three deep breaths slowly.</p> 	<p><b>SUPER SOLUTION</b> This is disappointing but I can deal with it.</p> 	<p><b>SUPER SOLUTION</b> I can't stand it when my dad tells me I did something wrong.</p> 	<p>Mom shouldn't tell me I can't watch TV.</p> 	<p>Being teased makes me mad.</p> 	<p>I don't like being interrupted.</p> 	<p>I get mad when I can't find my shoe.</p> 	<p>It makes me mad when my friend won't play with me.</p> 	<p>I'm annoyed when my brother keeps bothering me.</p> 	<p>I hate it when Mom says "No."</p> 
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**PROBLEMS  
AND CHALLENGES  
ARE MY MISSION**

**Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.**

**James 1:2-3**

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