

Røde triggere:

---

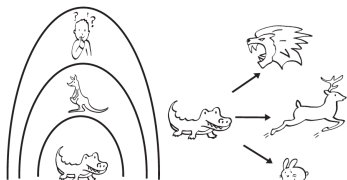
---

---

---

---

---



Gule triggere:

---

---

---

---

---

---

---

---

---

---

---

Grøn. Jeg er rolig, når...

---

---

---

---

---

---

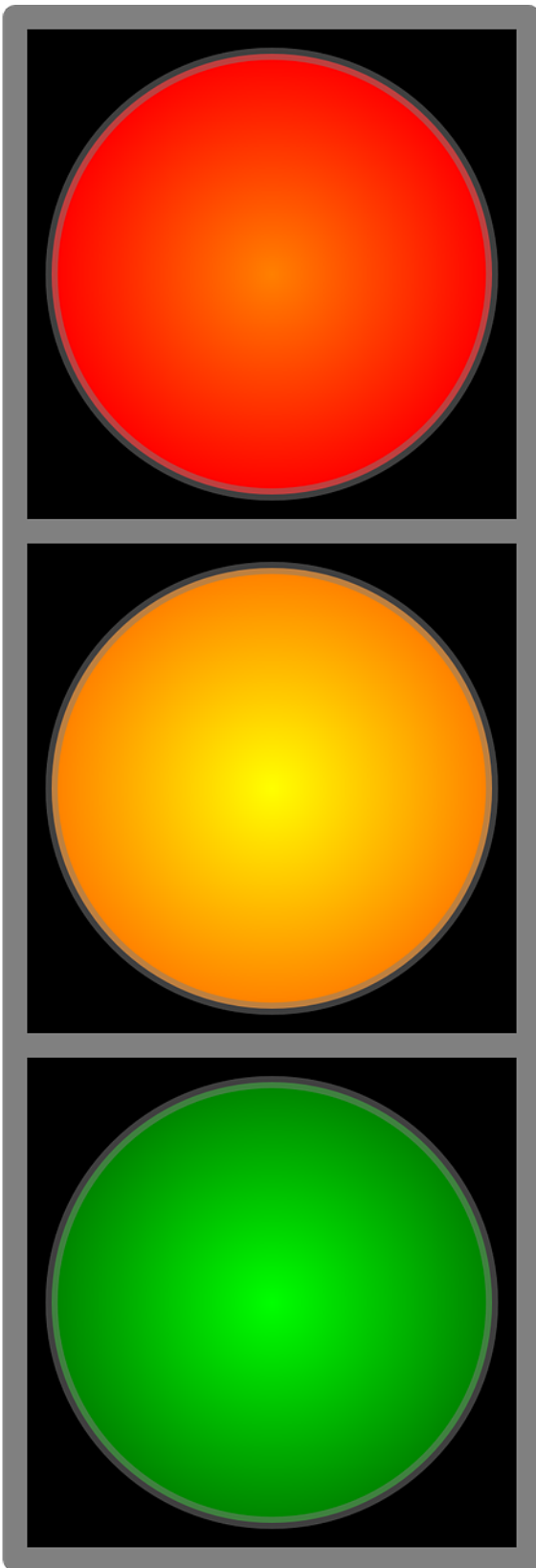
---

---

---

---

---



Strategier, når rød...

---

---

---

---

---

---

---

---

---

---

---

Strategier, når gul...

---

---

---

---

---

---

---

---

---

---

---

Strategier, for at blive her og bevare roen...

---

---

---

---

---

---

---

---

---

---

---