

Knowing What Sets Me Off

Which one moved before it built up?

✓ GOOD



- ✓ Noticed it starting
- ✓ Took his book and moved
- ✓ Chose a quieter seat
- ✓ Out before it grew

✗ NOT YET



- ✗ Stayed in the noise
- ✗ Hands over his ears
- ✗ Waited for it to pass
- ✗ It kept building

Remember:

If I know what sets me off, it does not catch me by surprise.