

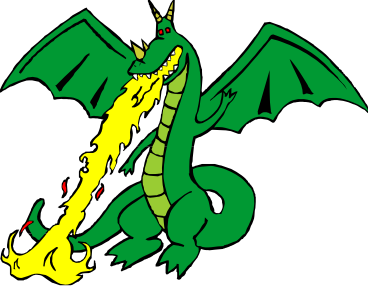



Getting Good at turning down the mad!!

 <p>Event that made me mad</p>	 <p>How I took a break to cool down</p>	 <p>Hot thought that keeps me mad</p>	 <p>Cool thought that helps me cool down</p>