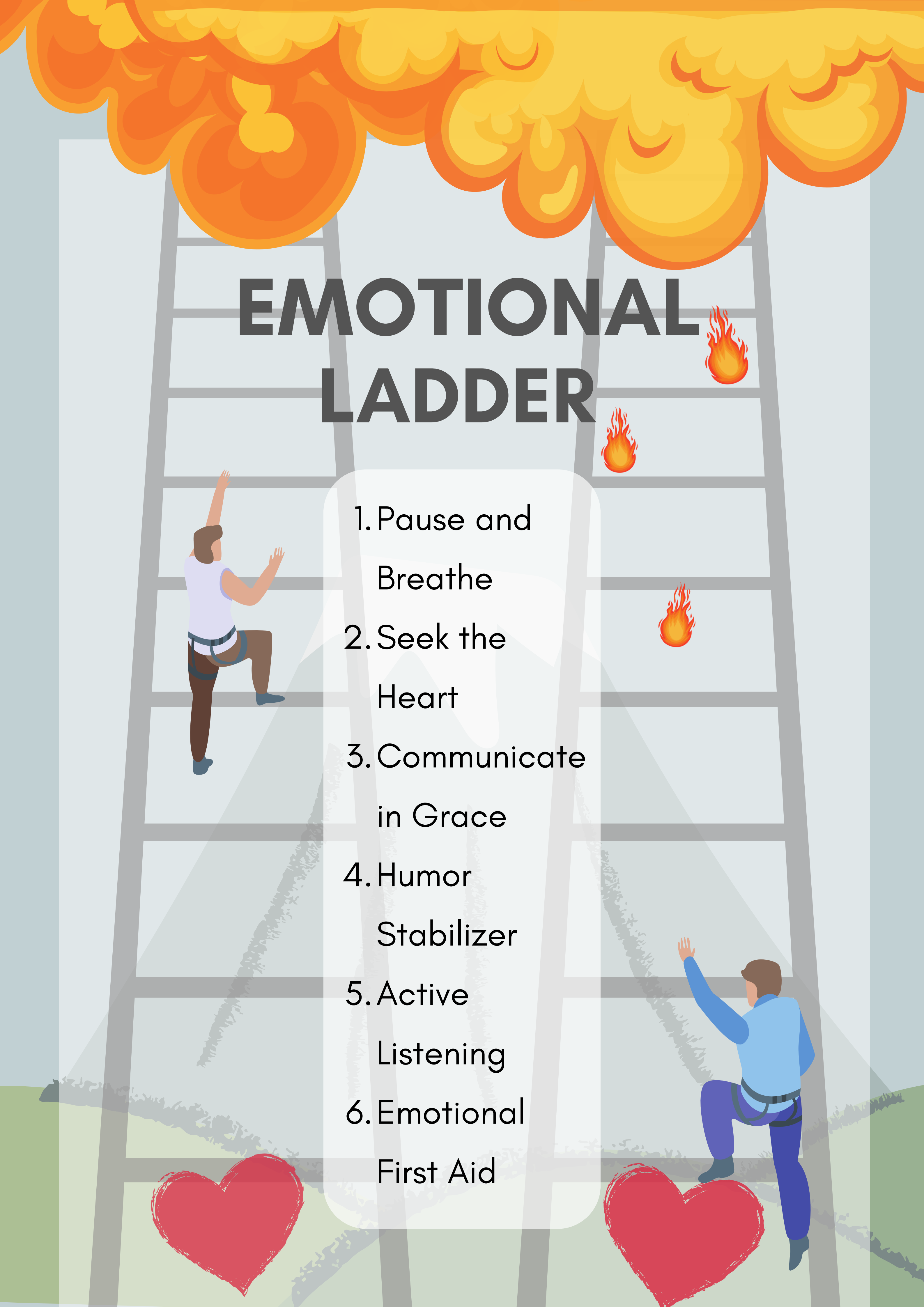


An illustration of a tall, grey ladder set against a light blue background. At the very top of the ladder, there are large, stylized flames in shades of orange and yellow. At the base of the ladder, on a green grassy field, are two large, hand-drawn red hearts. A person in a white shirt and brown pants is climbing the left side of the ladder, reaching up. Another person in a blue shirt and blue pants is climbing the right side of the ladder, also reaching up. In the center of the ladder, there is a white, rounded rectangular box containing a list of six steps. To the right of the ladder, there are three small flame icons on different rungs.

EMOTIONAL LADDER

1. Pause and Breathe
2. Seek the Heart
3. Communicate in Grace
4. Humor Stabilizer
5. Active Listening
6. Emotional First Aid