

**EXIT NOW!**



**YOUR MIND IS GOING**



**IN DANGEROUS PLACES!**

**GET RID OF THIS THOUGHT/FEELING.**

**AIRPORT**



**STOP**

**CAUTION**

**TRY THE "HARD THING"**

**ENCOURAGE YOURSELF**

**IF THAT'S TOO HARD,  
HOW CAN YOU GET CLOSER?**

**AVOID**

**MAKE SURE**

**CHECK**

**ASK SOMEONE**



**U-TURN**

**DID YOU FEEL BETTER WHEN  
YOU EXITED/AVOIDED?**

**DID YOU MISS OUT ON AN  
OPPORTUNITY?**

**Next time the problem happens,  
what can you do differently?**