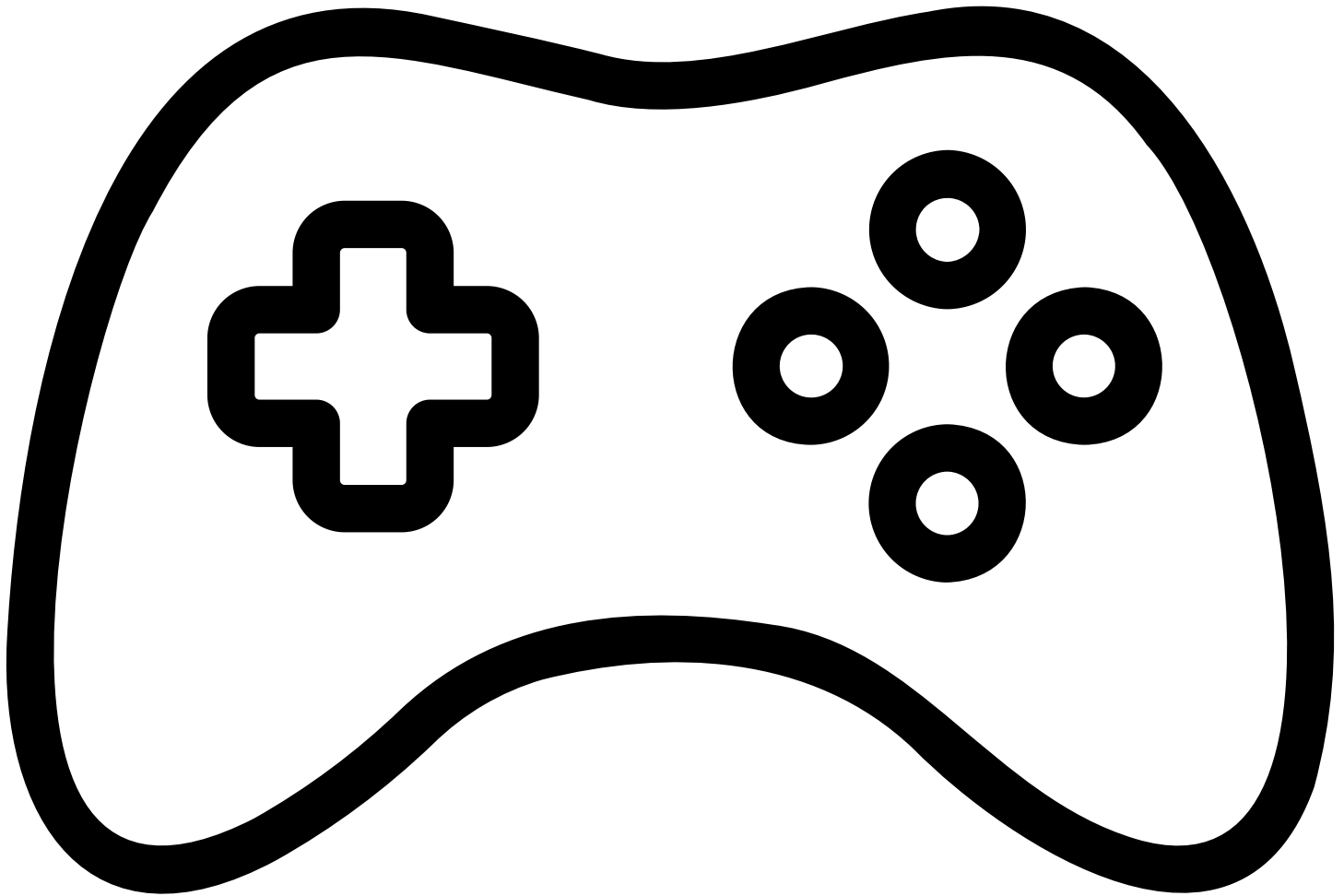# i am in
CONTROL
of my emotions

Create your own 'emotional controller' using the outline above.
What 'cheat codes' can you put in place to help you stay in control?