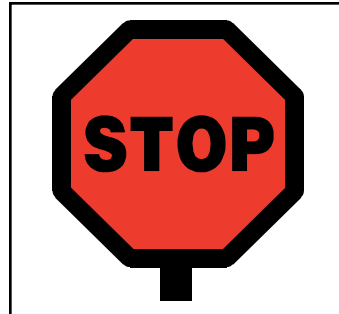


A thought comes in my head.

My usual response is to act impulsive on the thought.

This time I am going to.....



I have to choose the path I am willing to experience the consequences.

By choosing a positive solution to the thought I was having, I might earn a positive consequence. How do I feel about myself? How do others feel about my decision to choose a positive choice?

By acting impulsive on my thought, there will probably be a negative consequence. How do I feel about myself? How do others feel about me? consequence?