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- 1. Real-life scenario:** One morning, just before leaving for an important college event, I accidentally spilled breakfast on my saree. It was only a few minutes before I had to leave, and the stain was clearly visible. Since I had no time to wash it, I felt immediate stress and frustration. The situation made me worry about my appearance and being on time.
- 2. How I responded then:** At that time, I panicked and kept trying to clean the stain, which only wasted more time. I hurried to find another. By the time I was ready, I had already missed my planned departure time.
- 3. How I will respond now:** If the same thing happens now, I will stay calm and avoid wasting time panicking. I will immediately change into a backup outfit that I keep ready for emergencies. I will make sure to leave on time.