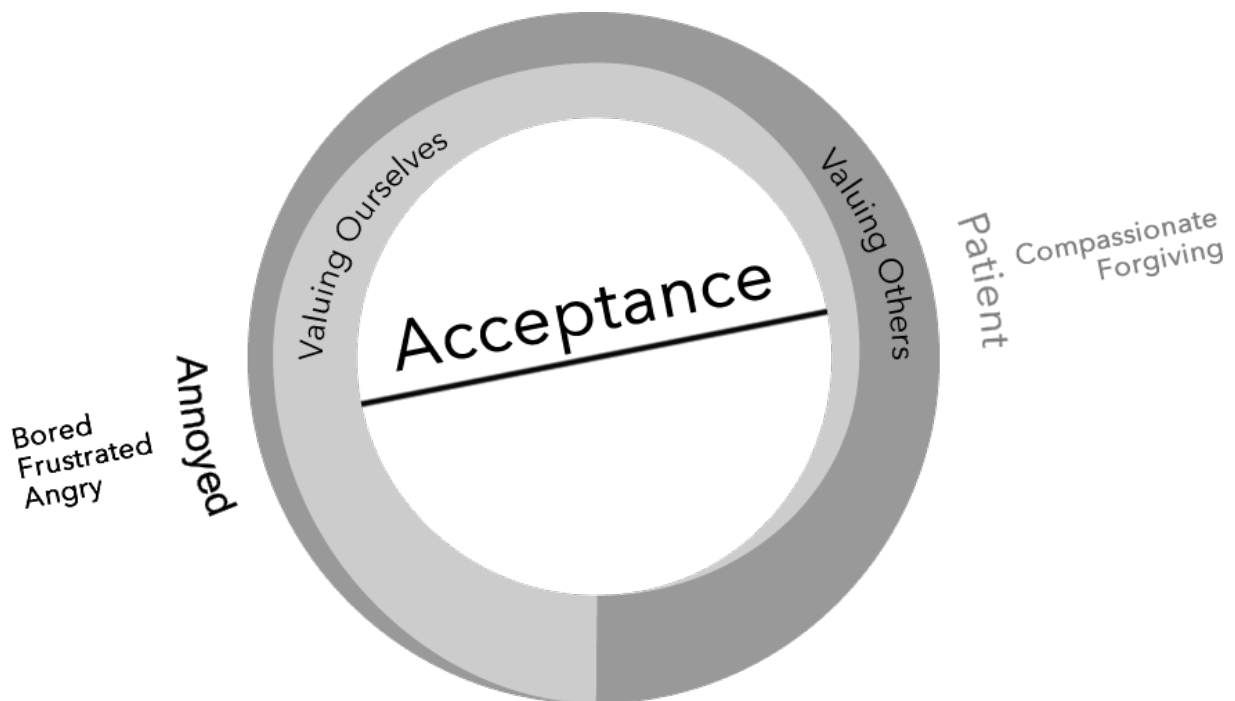


Annoyed Zone

feeling bored, frustrated or angry

I get impatient and feel blocked from doing what I want to do. I need to do something about it. Or something that's happening feels unfair. I'm determined to make sure I'm treated fairly and hold on to what's mine. I can become rude when I try to sort things out.



Acceptance

The patience that lets us accept other people and things as they are. It stops us judging or blaming others. It lets us cope with bad luck without losing our temper. It gives us a fair way of looking at things.