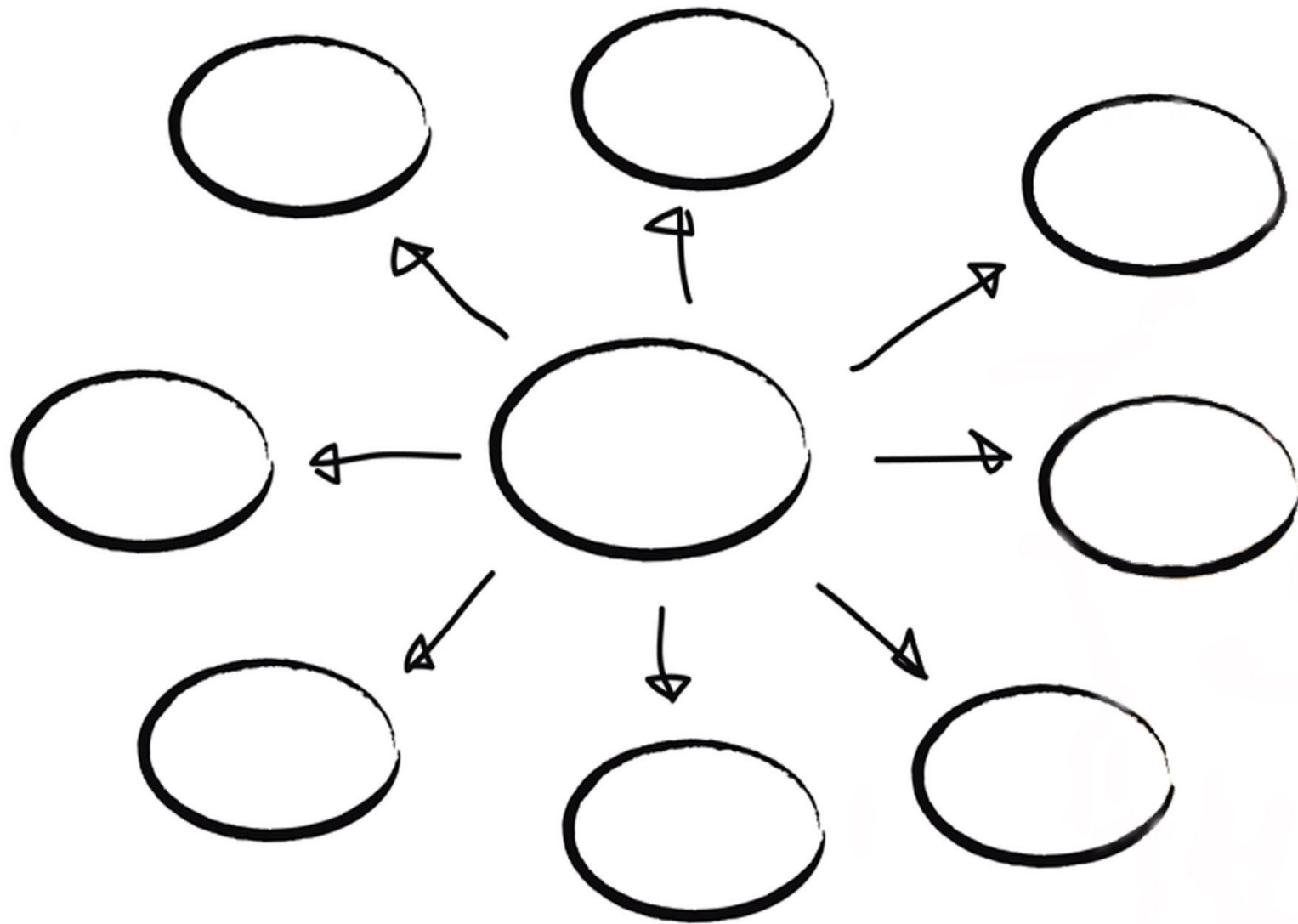


Identify Issue, Give a 1-10 Intensity, then Tap All the Aspects of the Issue for You (details/stories) to Zero

(Move any large/complicated Aspect into its own center ring (making it a new Issue) then Tap through all its Aspects)

10 10
9 9
8 8
7 7
6 6
5 5
4 4
3 3
2 2
1 1
0 0

10 10
9 9
8 8
7 7
6 6
5 5
4 4
3 3
2 2
1 1
0 0



10 10
9 9
8 8
7 7
6 6
5 5
4 4
3 3
2 2
1 1
0 0

10 10
9 9
8 8
7 7
6 6
5 5
4 4
3 3
2 2
1 1
0 0

Title of Issue: _____ **Begin 1-10** _____ **End 1-10** _____