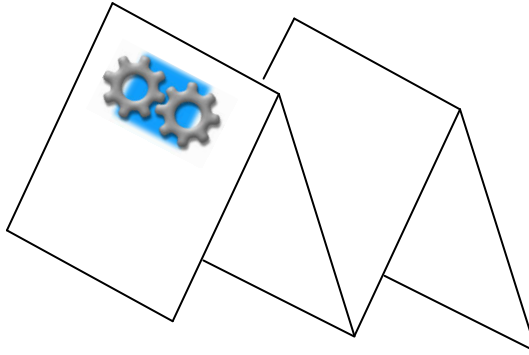
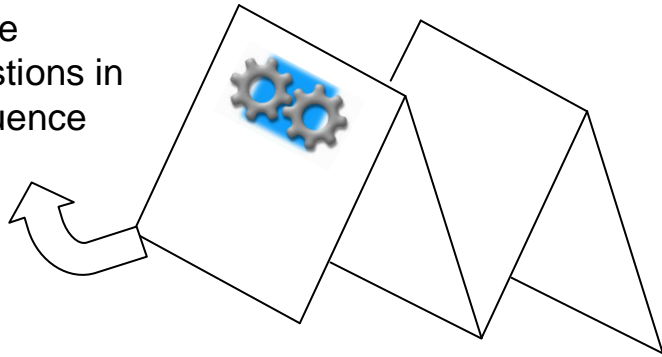


## How to fold



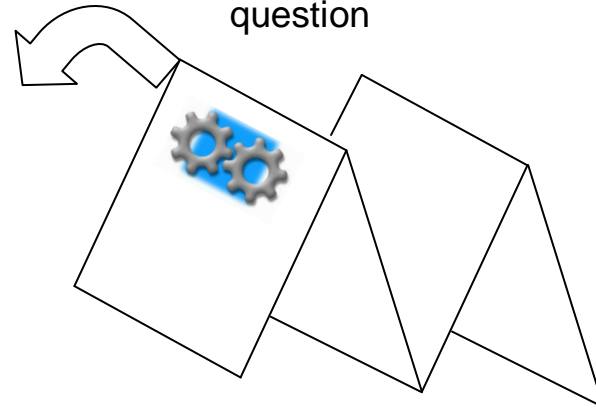
Lift up to  
Read your  
responses  
to the  
questions in  
sequence



Method one: time to reflect

## How to use

Turn forward to  
remind yourself  
of your reply to  
the crisis  
question



Method two: at times of crisis