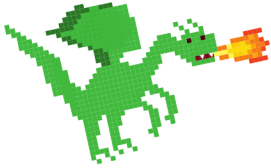
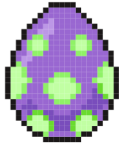


BEFRIENDING YOUR DRAGONS



My Dragon

What is your spending trigger?



The Dragon's Egg

What unmet need is your spending trigger trying to protect?



Fighting the Dragon

How do I resist against my spending trigger?



Ignoring the Dragon

How do I allow my spending trigger to control me?:



Befriending the Dragon

How might I work with my spending trigger to meet my needs in a healthy way?