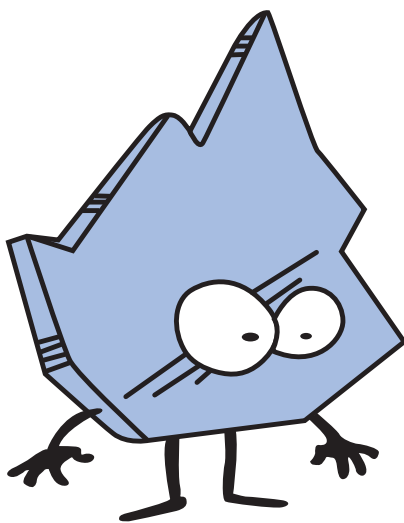


# Beware of glass!!!



## Glass Man<sup>®</sup>, that is!!

One of the most common unthinkables who can make someone shatter – if he gets into his brain.

He lets a person be flexible to some extent, but then all of a sudden he just breaks. He doesn't melt down slowly; he quickly starts getting very upset, often over “tiny” problems.

**Glass Man** usually thinks things aren't “fair.”

Does this sound familiar? Do you know someone who gets invaded by **Glass Man**? Do you think **Glass Man** is on your team of unthinkables? If so, do not worry because *Superflex* can help.

Some ways that *Superflex*<sup>®</sup> suggests taking on **Glass Man**:

- 👉 **Identify the size of the problem** (1-10) and what would be an expected reaction to match the size of the problem.
- 👉 **Self-Talk**: “I'm starting to get mad. I need to move away and take a break.”
- 👉 When getting frustrated, **tighten** all of the muscles in my body **and** then **relax** them.