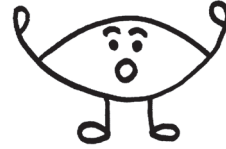




Meet Myg

Myg: Helpful or Not-helpful?

Situations in my life when following my Myg impulse to do a Fight, Flight, or Freeze reaction **IS helpful**...



Situations in my life when following my Myg impulse to do a Fight, Flight, or Freeze reaction **IS NOT helpful**...

Blank space for writing situations where following the Myg impulse is helpful.

Blank space for writing situations where following the Myg impulse is not helpful.

