

When I need **COMFORT**, I could try these options ...

<p>that take only a few minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take about fifteen minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____
<p>that take about half an hour</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take an hour or more</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____

When I need relief from **Boredom**, I could try options ...

that take only a few minutes

1. _____
2. _____
3. _____
4. _____
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7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

that take about fifteen minutes

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

that take about half an hour

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

that take an hour or more

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

When I need **ANESTHESIA**, I could try these options ...

<p>that take only a few minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take about fifteen minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____
<p>that take about half an hour</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take an hour or more</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____

When I need to **CALM**, I could try these options ...

<p>that take about fifteen minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take only a few minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____
<p>that take about half an hour</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take an hour or more</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____

When I need _____, I could try these options ...

(Note: Print as many of these pages as needed for all the needs you discover)

<p>that take only a few minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take about fifteen minutes</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____
<p>that take about half an hour</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____	<p>that take an hour or more</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____11. _____12. _____