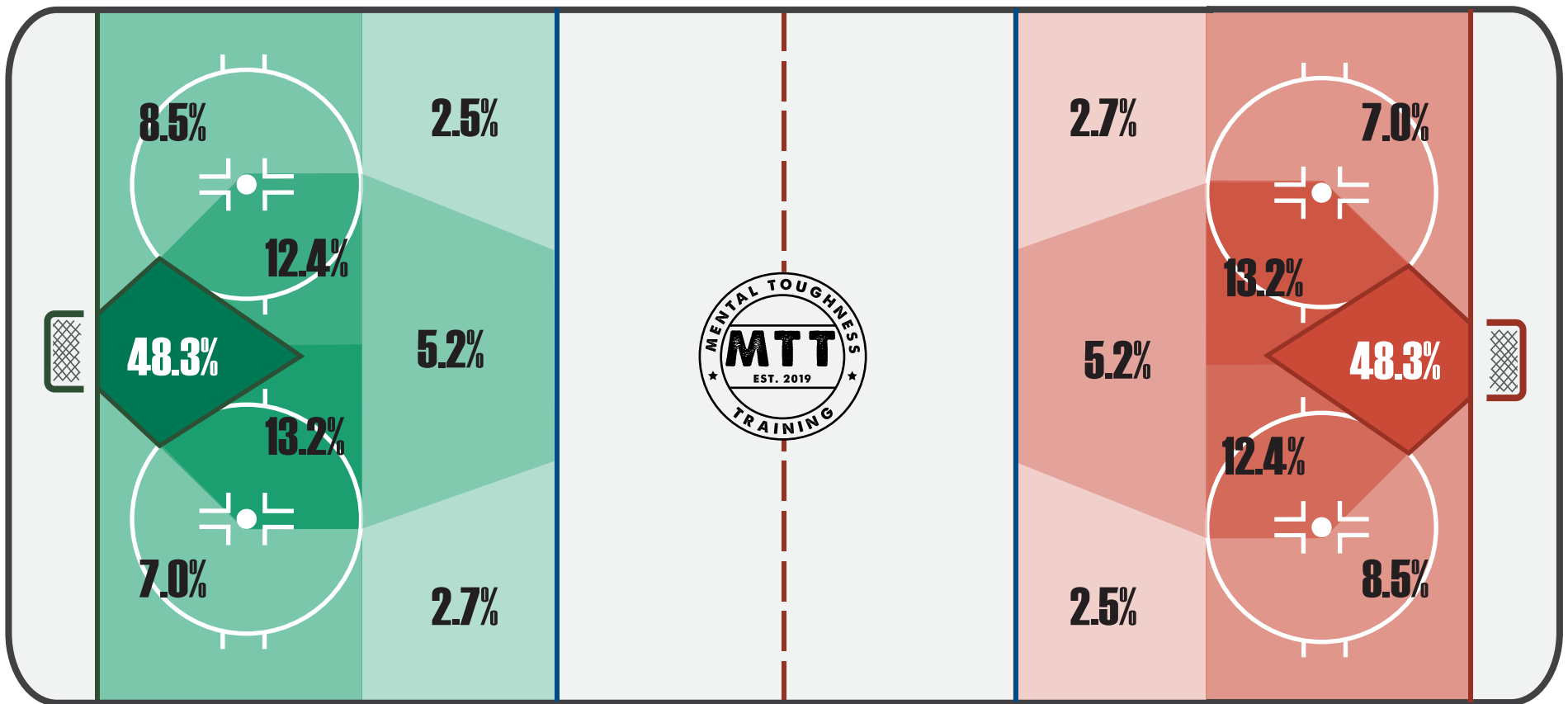


EMOTIONS BY ZONE

When you get over-emotional in a game, where does that tend to happen?

It's good to recognize this as it gives you greater self-awareness and that gives you more options and control of your response.



SOURCE: SPORTLOGIQ.COM