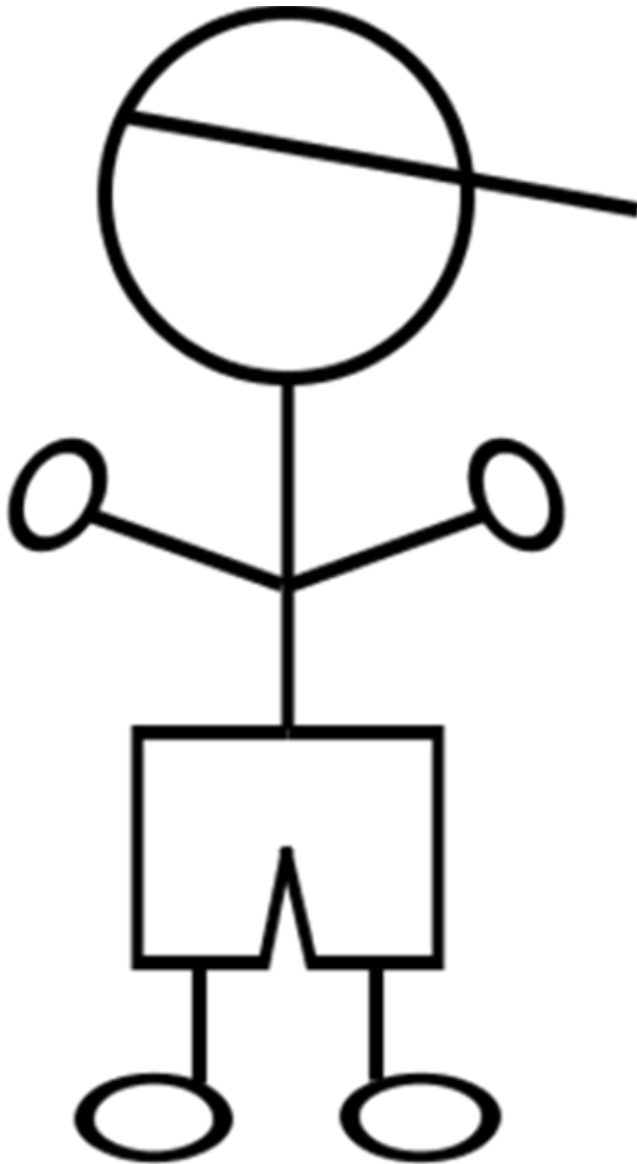


# Assert Like BURT



**B**e **B**rave or take a **B**ig **B**reath

**U**nderstand the other person

**R**espect yourself and others with words and...

**T**one