

# Triggers

When boredom strikes...



>> Allie: Oh my god. I'm So. Bored.



>> Denise: ☺ hehe.  
>> Denise: I can't believe you got stuck talking to Jen Baker!!!



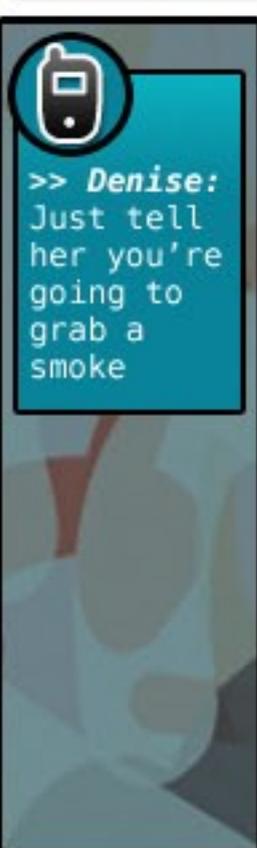
>> Allie: fml. I knowwwwwwwwwwwwwwwww. She's SO awful



>> Denise: She's not THAT bad



>> Allie: Whatever. Come save me!



>> Denise: Just tell her you're going to grab a smoke



>> Allie: Oh gawd ... I want to so bad.  
>> Allie: But I quit



>> Denise: oh ya. HmMMM....



>> Allie: Can't you just walk over here and save me

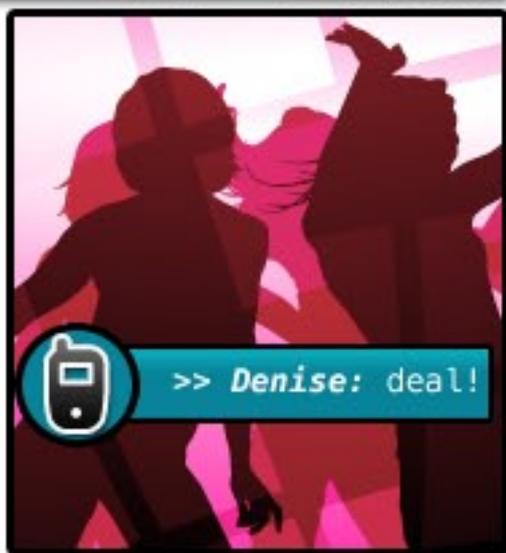


>> Denise: KK. Be there in a sec



>> Denise: Let's just leave. This is lame

>> Allie: For sure. Let's go dancing  
>> Allie: I need major help!



>> Denise: deal!

## Let's Review

If smoking a cig is your go to move for boring situations, it might be **time to check yourself**. Are you wasting your time? No one likes looking dumb, but being left behind isn't cool either. **You're in control** of your time, so make it count. It's up to you where you want to let it take you.

