



Self-Controller Scanner

Introduction

Name: _____

Date: _____

1 What is the setting?



2 Who is the main character?



3 Why was Kai losing control?

4 What did he figure out when he scanned his brain?



5 What did he figure out when he scanned his body?



6 How did Kai chose the best strategy for the moment?

7 How does it feel in your brain when you lose control?

8 How does it feel in your body when you lose control?

9 When is a time you lost control? What are common triggers that you can watch out for?

10 What are three strategies you would pick that might help you get back in control?
