

VENTING CARD,

WHINE, GRIPE, SPEW, CURSE

HOW TO HANDLE REJECTION (TIPS)

- 1. CRY
- 2. SUBMIT TO SOMEONE ELSE.
- 3. CURSE THEM.
- 4. PHONE A FRIEND. (VENT)
- 5. FILL IN THE VENTING CARD.
- 6. EAT A PINT OF ICE CREAM.
- 7. DRINK.
- 8. GIVE YOURSELF A WEEK OF MOURNING. (GRIEVE).
- 9. CELEBRATE.
- 10. SCREAM.
- 11. WRITE YOUR OWN TIPS.
- 12. _____
- 13. _____
- 14. _____

BUILT-IN SUPPORT SYSTEM

IN CASE OF A CREATIVE EMERGENCY CALL THESE NUMBERS:

INSTRUCTIONS: WRITE DOWN TEN THINGS YOU LOVE ABOUT BEING AN ARTIST. SEAL THIS CARD IN AN ENVELOPE. OPEN WHEN YOU FEEL YOU WANT TO QUIT.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.