



TODAY DURING GROUP, I WILL BLAST MY DISTRACTER BY USING MY IGNORE POWER!

I AM GOING TO TRY TO IGNORE: \_\_\_\_\_

HERE IS HOW IT WENT:

😊 GREAT! I WAS ABLE TO IGNORE THIS MOST OF THE TIME!

😐 OK...I IGNORED THIS SOME OF THE TIME, BUT I GOT DISTRACTED A LITTLE

😞 NOT SO GREAT...I HAD TROUBLE IGNORING THIS DISTRACTER.



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