



The Reality Ride

The reality is that life has both ups and downs. Taking the short ride to the top of the high-risk hill may be fun, but it will ultimately cause you to crash. You can get stuck in the loop of acting out and crashing over and over. To get out of the loop, you have to choose a different track—one that doesn't go quite so high, but also doesn't go so low that you crash.

Introductory Activity