

Workshop

Size of the bucket?

Shape of the bucket?

How full is it?

What are signs your bucket is getting full?

How does it look for you when your bucket overfills?

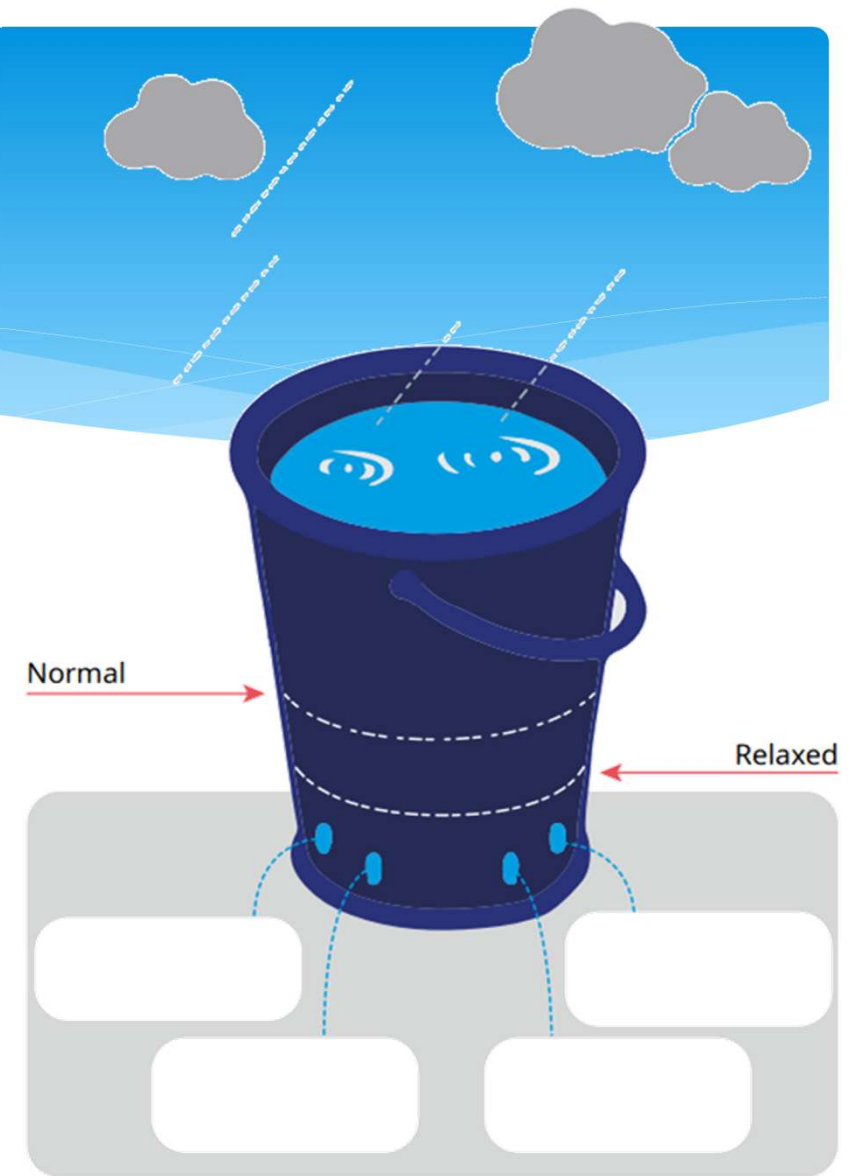
What stresses drip into your bucket?

What taps you have to release stress?

Are all the taps working?

Are any of the taps unhealthy way to release stress?

Are there any taps you would like to implement?



Developed from an idea by Brabban and Turkington (2002)