Remember a difficult situation where you lost your temper and express how you’ll manage it again based on the new techniques you just acquire.

A difficult situation that I remembered is when my parents were talking to me and I yelled to them and they said “you won´t go to the gym today” and that was the moment when I lost my temper, but I was intelligent and I apologized to them because it was leg day and I can´t skip leg day, I can´t do that so that day I went to the gym. ☺

 4ºB R.D.M.F.