

HEADSPACE STRESS TRACKS

SYNC

REVEAL A REGRET, OR
SACRIFICE FOR ANOTHER'S DRIVE

TO GAIN SYNC



EXPEND SYNC TO

TURN ANY RESULT INTO A 10

RAGE



4

3

2

1

RAGE

GRIEF



4

3

2

1

GRIEF

FEAR



4

3

2

1

FEAR

NEED



4

3

2

1

NEED

EGO



4

3

2

1

EGO

WHEN THERE IS NO STRESS IN ANY TRACK, YOU MAY MAKE HEADSPACE MOVES AS IF THEY'RE PROFESSIONAL MOVES.