

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



RAGE

GRIEF



GRIEF

FEAR



FEAR

NEED



NEED

EGO



EGO

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