

How to Choose a Rock

Small Rock

Choose a small rock for issues you feel are minor.



Medium Rock

Choose a medium rock if the issue isn't major, but you really would like to get it resolved soon.
(Friendship concerns, family concerns)



Large Rock

Choose large rock if the issue is URGENT!
This includes a death in the family (including a pet), major family changes (divorce/separation), bullying, and sad feelings/depression.

