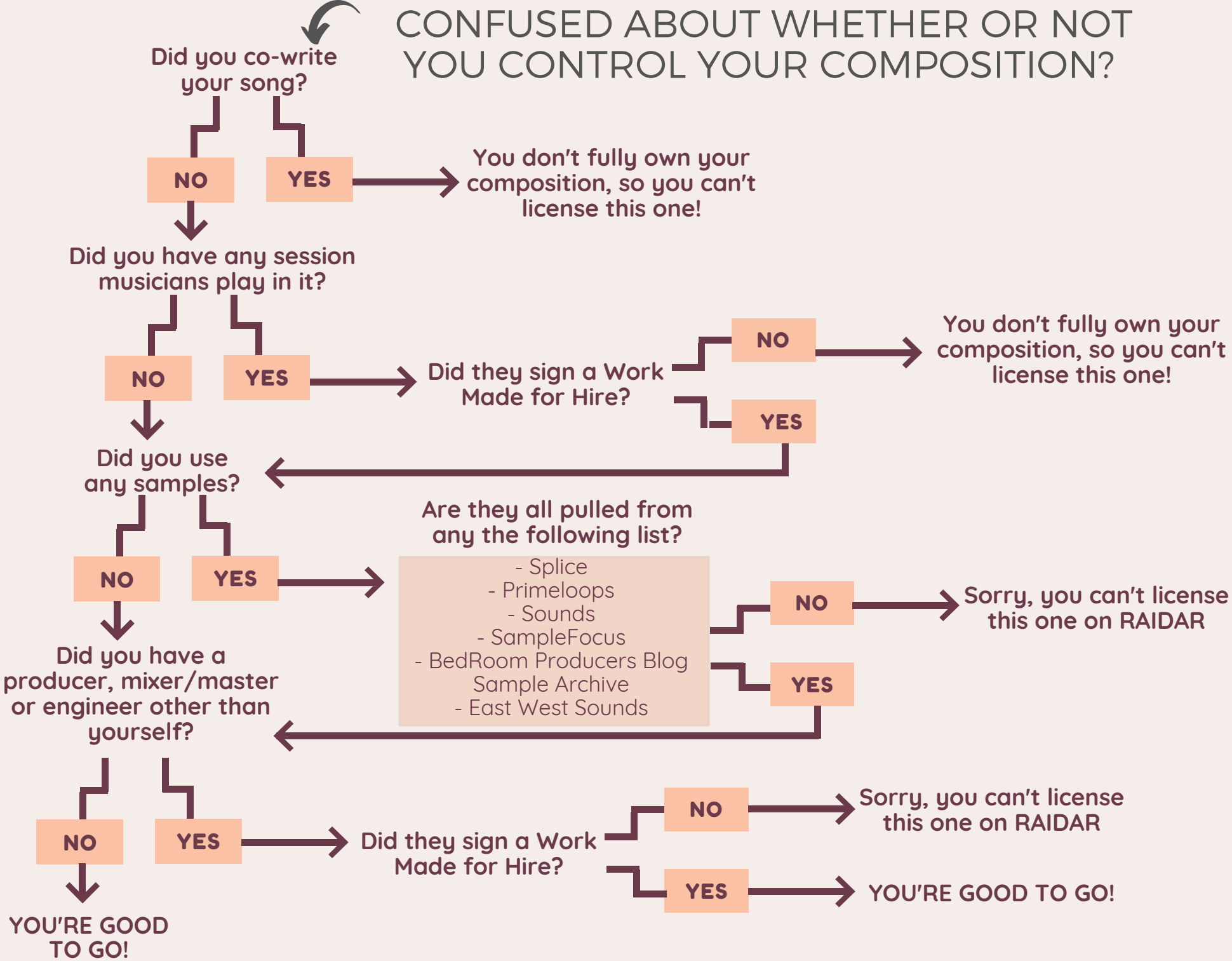CONFUSED ABOUT WHETHER OR NOT YOU CONTROL YOUR COMPOSITION?