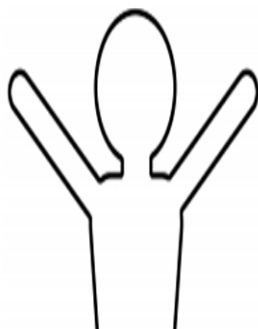


My Fears

What are some things
that make you feel
nervous or scared?

What do you think about when you are nervous or scared?

How does your body feel when you are nervous or scared? Color the areas
where you can sense these feelings.



Therapist Aid
free tools for therapists