

Name: _____

Date: _____

ANXIETY THERAPY

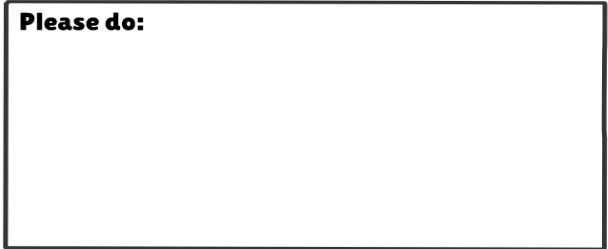
What helps me feel better when I have big feelings?
Write or draw what you want others to say and do when you feel these emotions:

When I'm Angry...

Please say:



Please do:

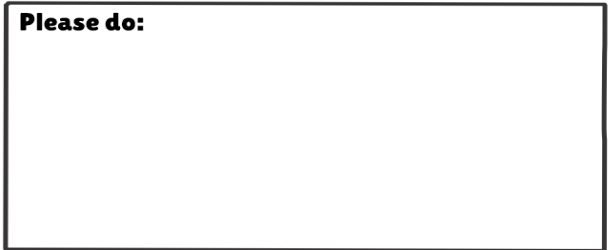


When I'm Sad...

Please say:



Please do:



When I'm Scared...

Please say:



Please do:

