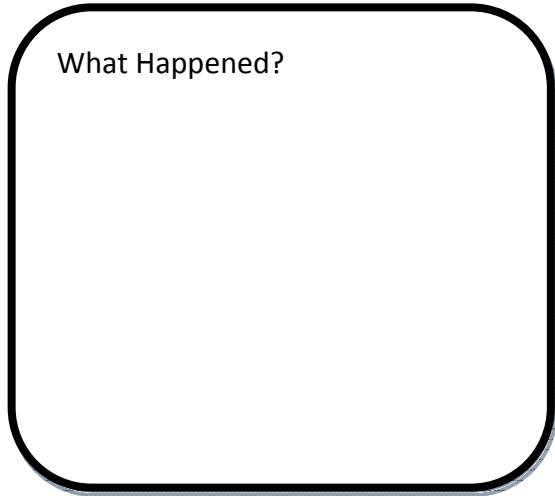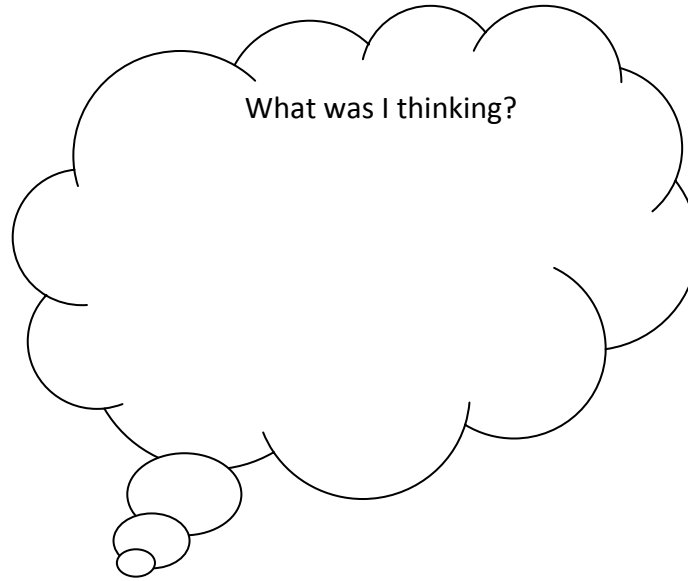# Anxiety Work Sheet

What Happened?

What was I thinking?

What was I feeling?

WORRY   0   1   2   3   4   5   6   7   8   9   10   Rating