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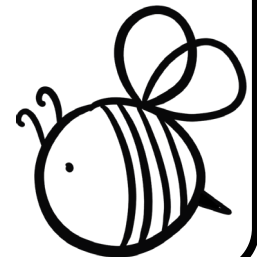
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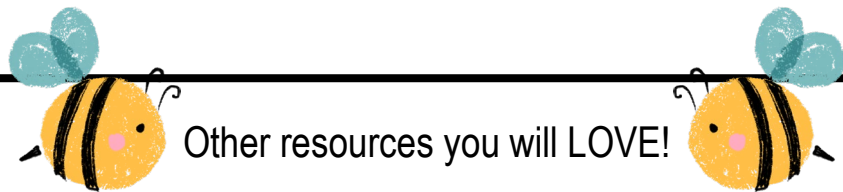
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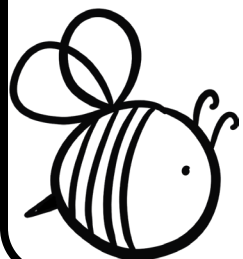
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ANXIETY SCALE

Where are you on the scale?



I feel anxious



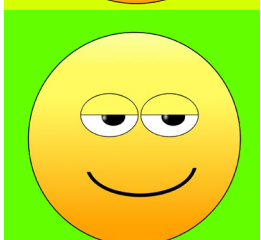
I feel worried



I feel bothered



I feel Ok



I feel calm

What triggered my anxiety?

What calming strategies would help me?

Self Talk - Is there another way of looking at this situation?

What physical sensations do I have?

How can I solve the problem?

Is this problem in my control or not in my control?

Who can I ask for help?

What advice would I give a friend who felt like this?