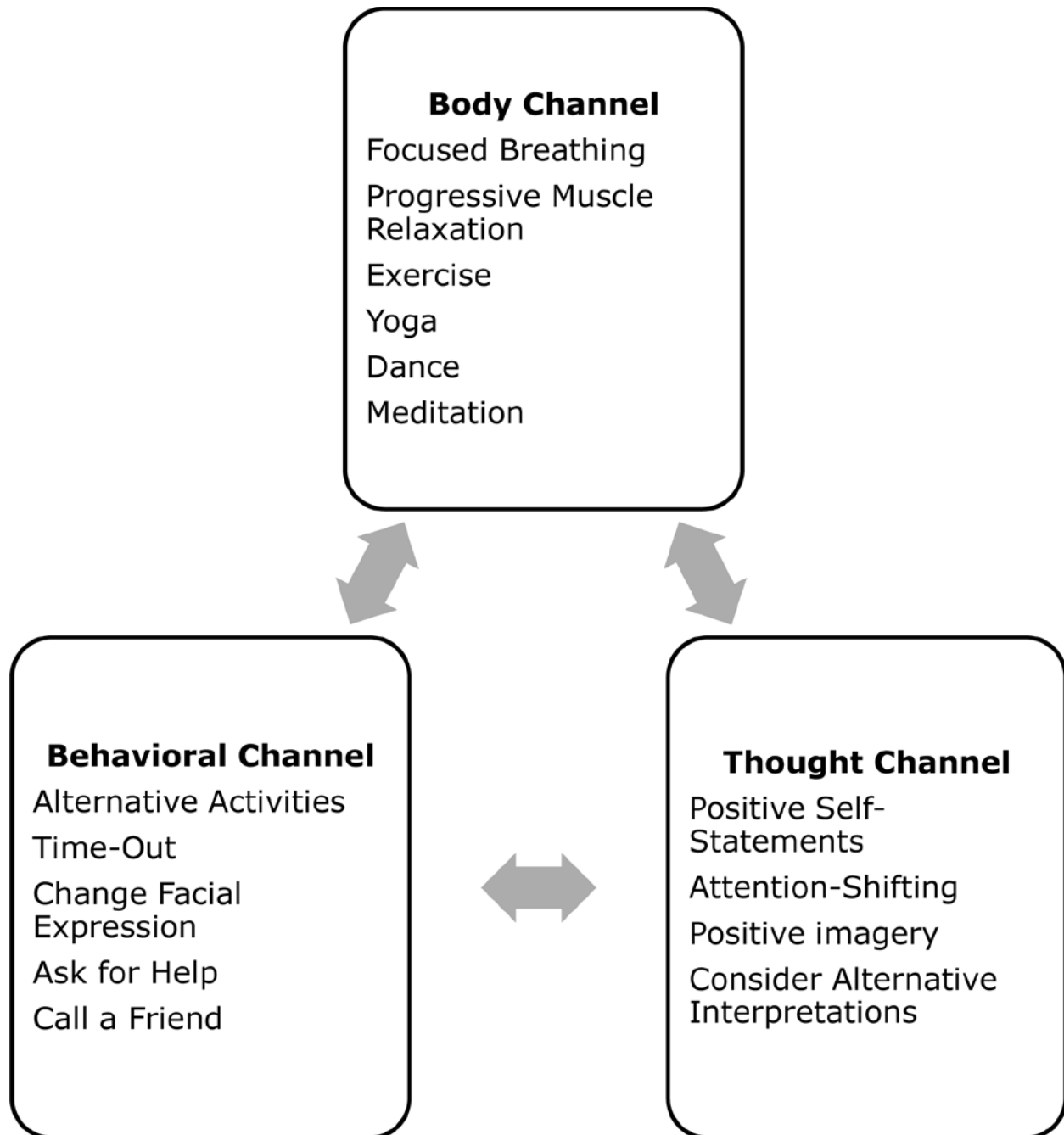


Emotion Regulation Strategies to Try

Session 3 Handout



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