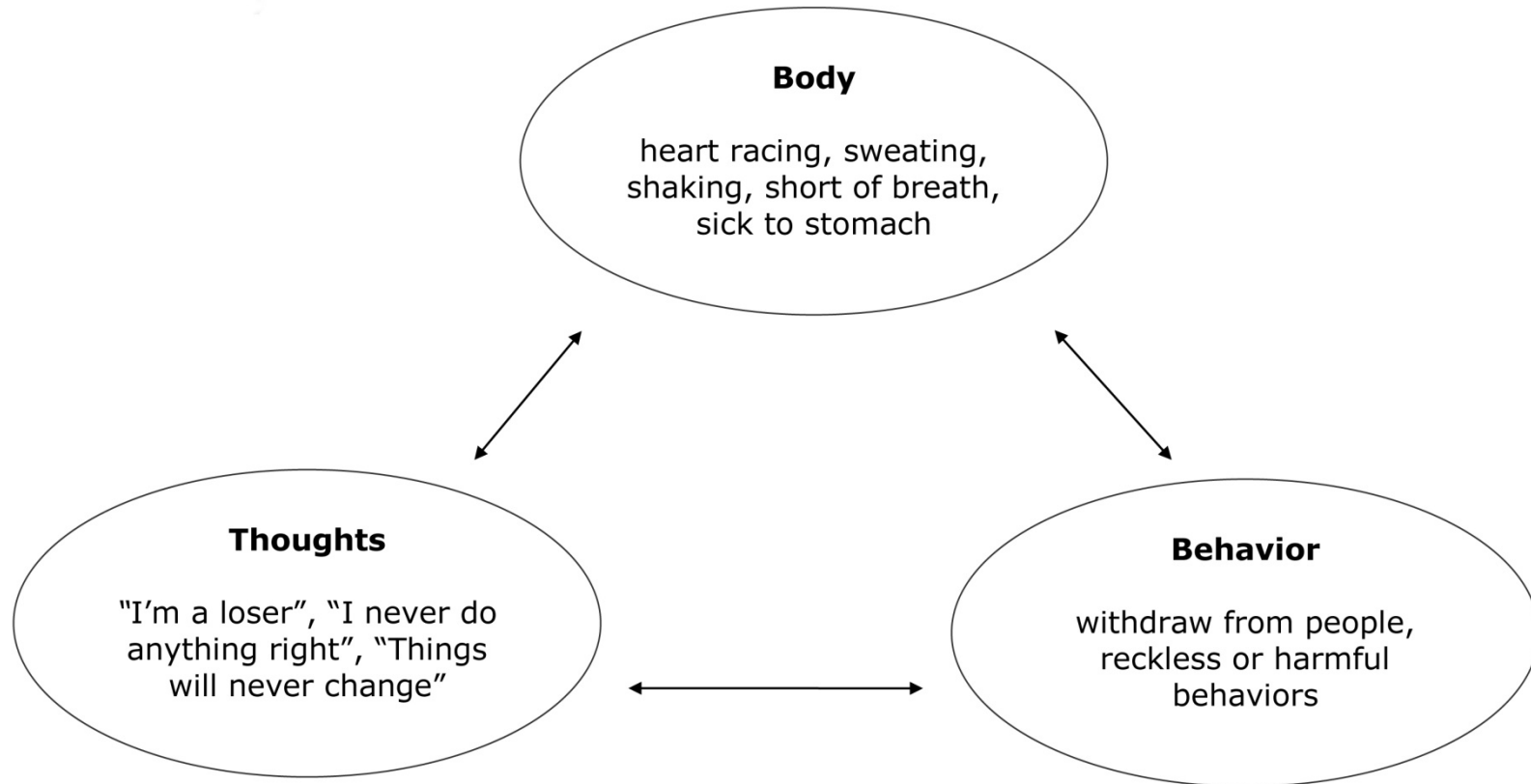
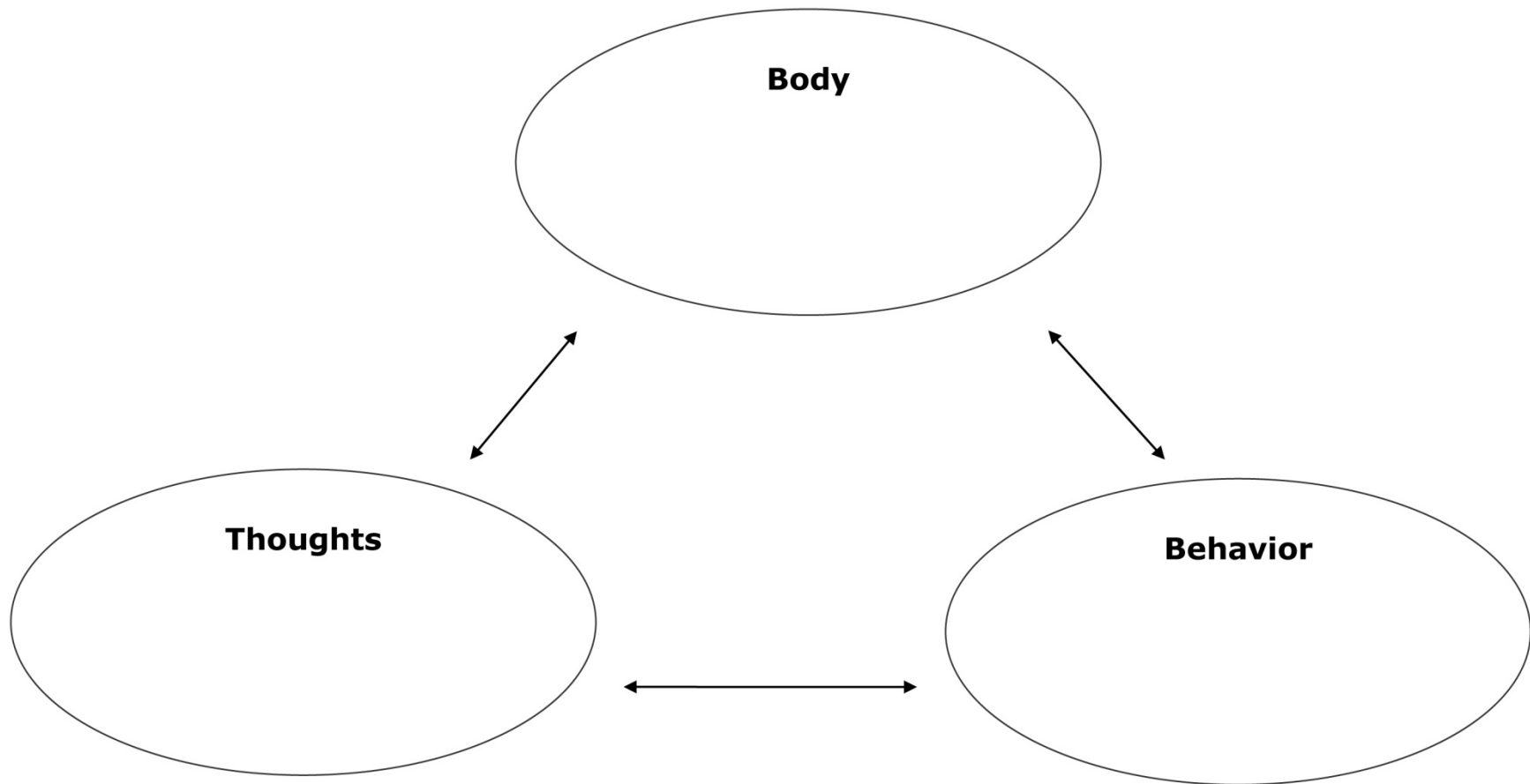


Feelings Monitoring Form Session 3 Handout

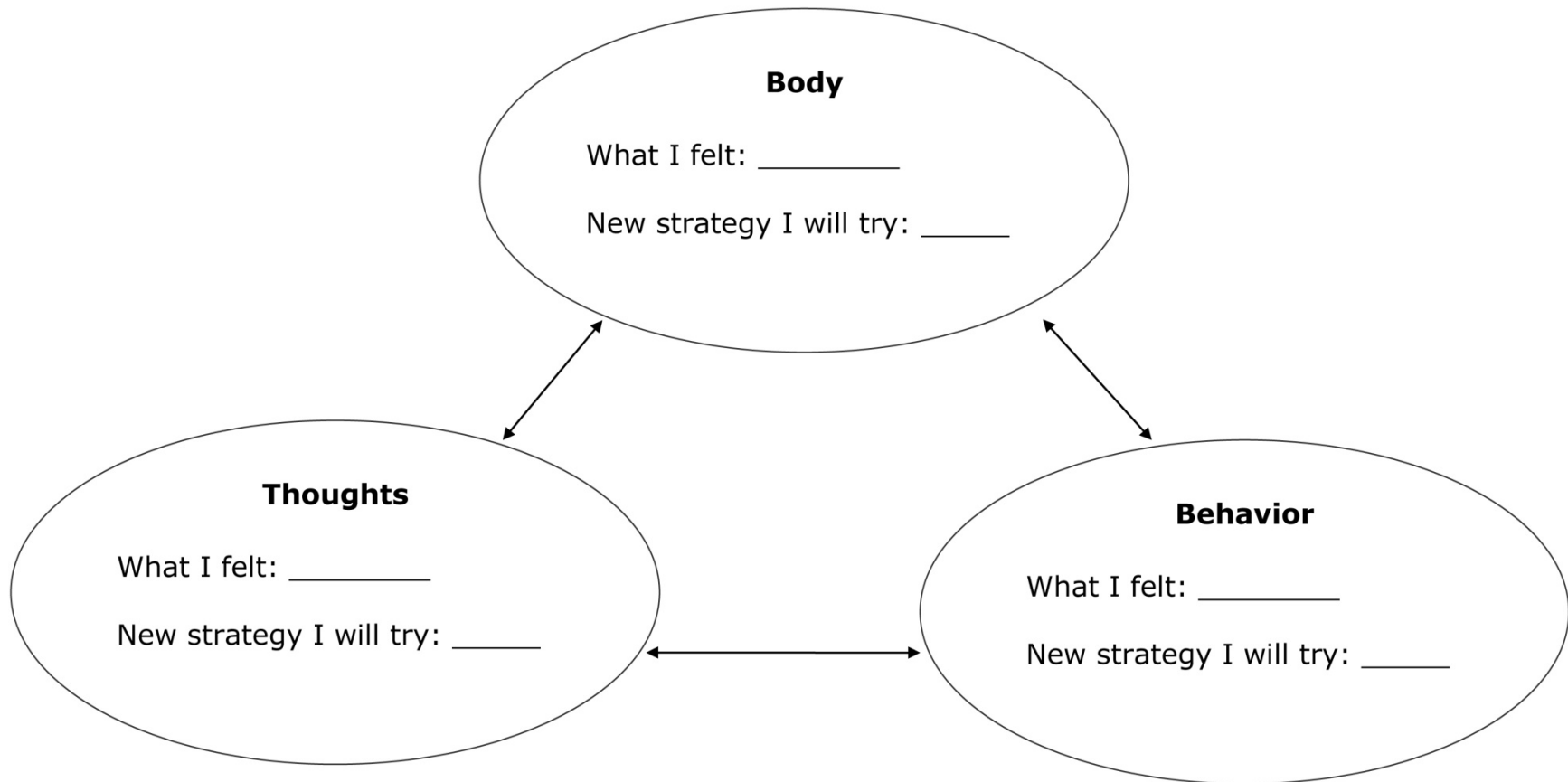
Anxiety Example



Three Channels of Emotion Work Sheet



Three Channels of Emotion: Problem Solving



Created 5/9/2012