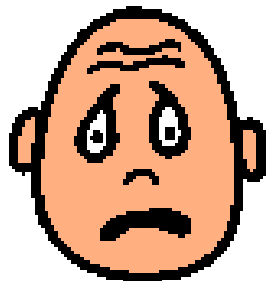


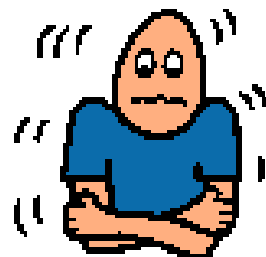
## EXAMPLE

When I am feeling **Anxious** .....

My face looks like



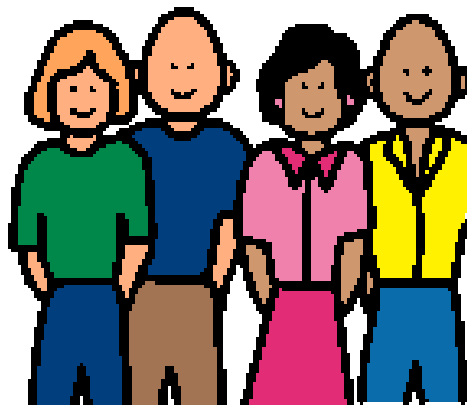
My body looks like



curled up in  
a ball

What makes me feel **Anxious** .....

busy places



Quiet time under a  
blanket

