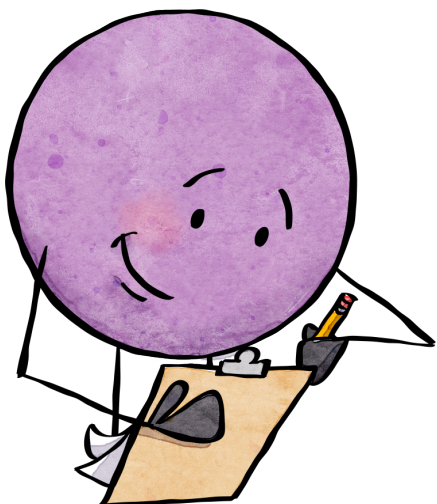
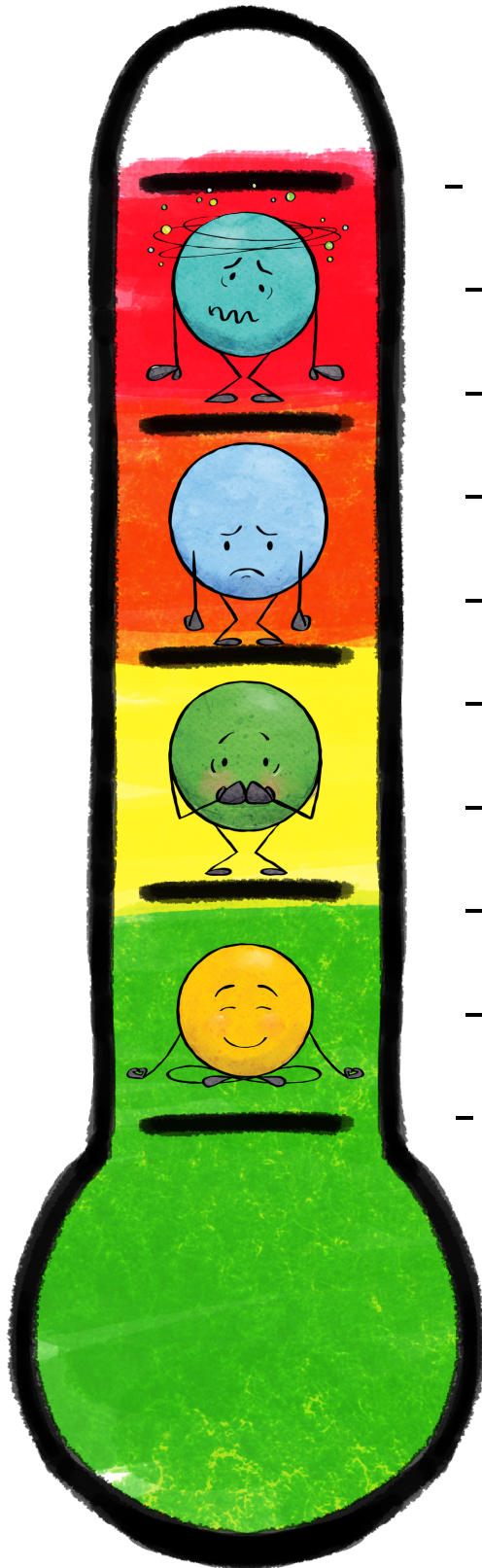


LESSON TWO

GATHERING THE CLUES



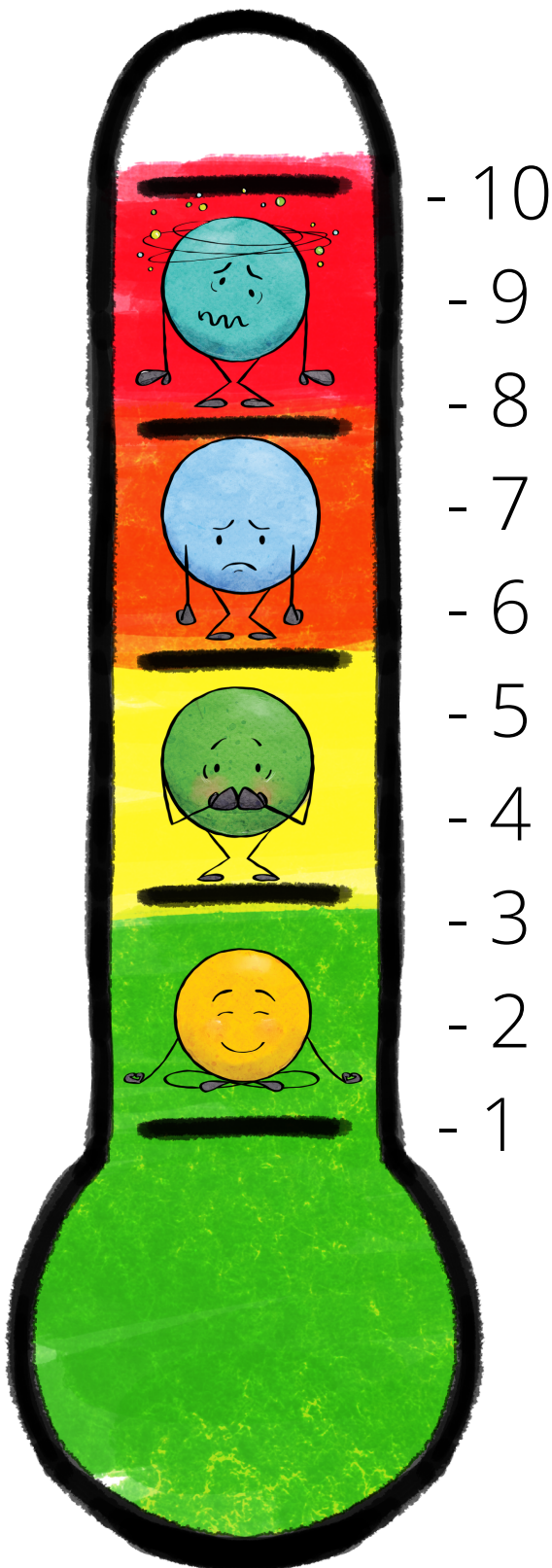
WORRY SCALE



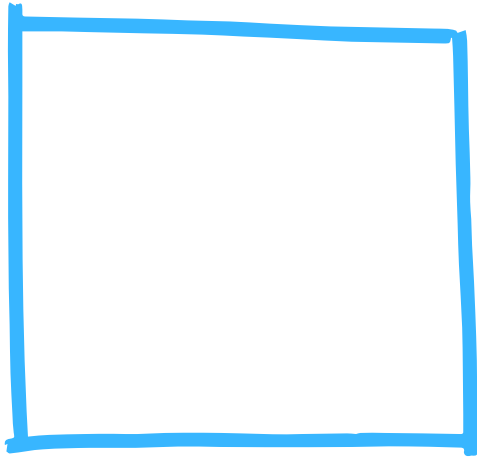
- 10 Extremely worried
- 9
- 8 Very Worried
- 7
- 6 Worried
- 5
- 4 A little worried
- 3
- 2 Relaxed
- 1

WORRY SCALE

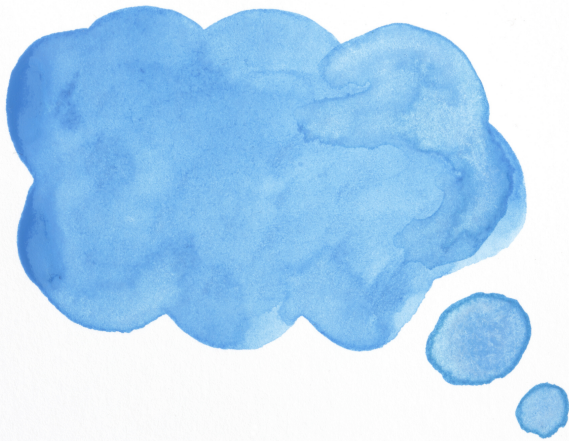
Draw situations on your Worry Scale that would get a very low rating and situations that you would rate very high on your Worry Scale.



LINKING THOUGHTS AND FEELINGS



SITUATION - WHAT HAPPENED?



THOUGHT - WHAT WAS I THINKING?



FEELING - WHAT WAS I FEELING?



1 2 3 4 5 6 7 8 9 10

WORRY RATING