

SESSION TOOLS

Handout 11.1: The Anxiety Thermometer

Handout 11.2: Alternative Interpretations Illustration 1

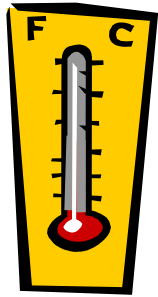
Handout 11.3: Alternative Interpretations Illustration 2

Handout 11.4: Alternative Interpretations Illustration 3

Handout 11.5: Three Steps to Taking Charge of Your Emotions

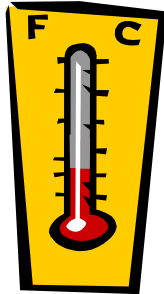
Handout 11.6: Helpful Thoughts Checklist

The Anxiety Thermometer



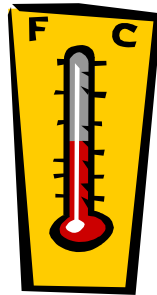
1

**Totally
Relaxed**



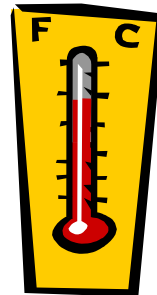
2

**Somewhat
Relaxed**



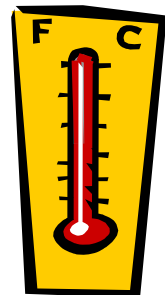
3

**Somewhat
Anxious/Fearful**



4

Very Anxious/Fearful



5

**Extremely
Anxious/Fearful**

Alternative Interpretation Illustration 1



Alternative Interpretation Illustration 2

