

Be on high alert for body clues that signal when you might be feeling anxious or angry during the week. Draw or write your anxious and angry body clues on the figures shown on the next page.

MISSION PLAN:

Describe a time when you're likely to feel angry this week:

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Describe a time when you're likely to feel anxious, worried or scared this week:

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.....

Remember to be on high alert for your body clues at these times!

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ANGER ALERT!

Angry body clues might include the following:

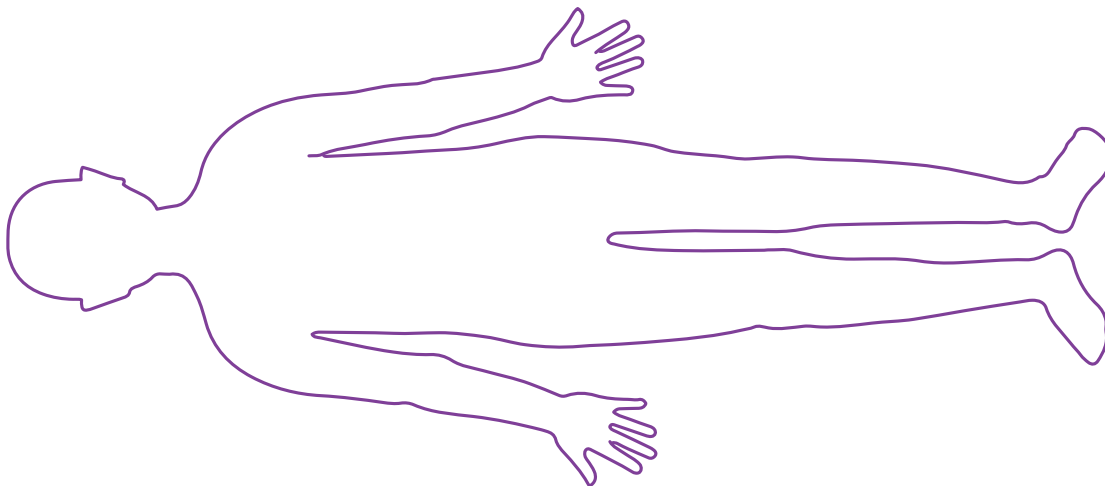


ANXIETY ALERT!

Anxious, worried or scared body clues might include the following:



ANXIOUS BODY CLUES



ANGRY BODY CLUES

