	Jame: Date:	-
	Noticing How You Feel 4 Think	
•	It's important to begin to recognize how you feel and think when experiencing worried feelings. Think of the last time you were nervous or worrying about something. Then, fill out the organizer below.	
	What was the situation? (Where, when, how, etc.)	
	What tools can you use next time to help you feel calm?	

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