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| **Worry/Unhelpful Thought** | **Where is this emotion felt in your body? Do you feel any physical sensations?** | **What emotions can you feel? How intense are they (0-10)?** | **Situation(s) this worry comes up in (e.g., places, people, times)** | **What do you predict or expect to happen?** | **Is this a hypothetical or practical fear? Is there anything that you can do about this? Is this worry within your control? Or, can you think about it differently?** |
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