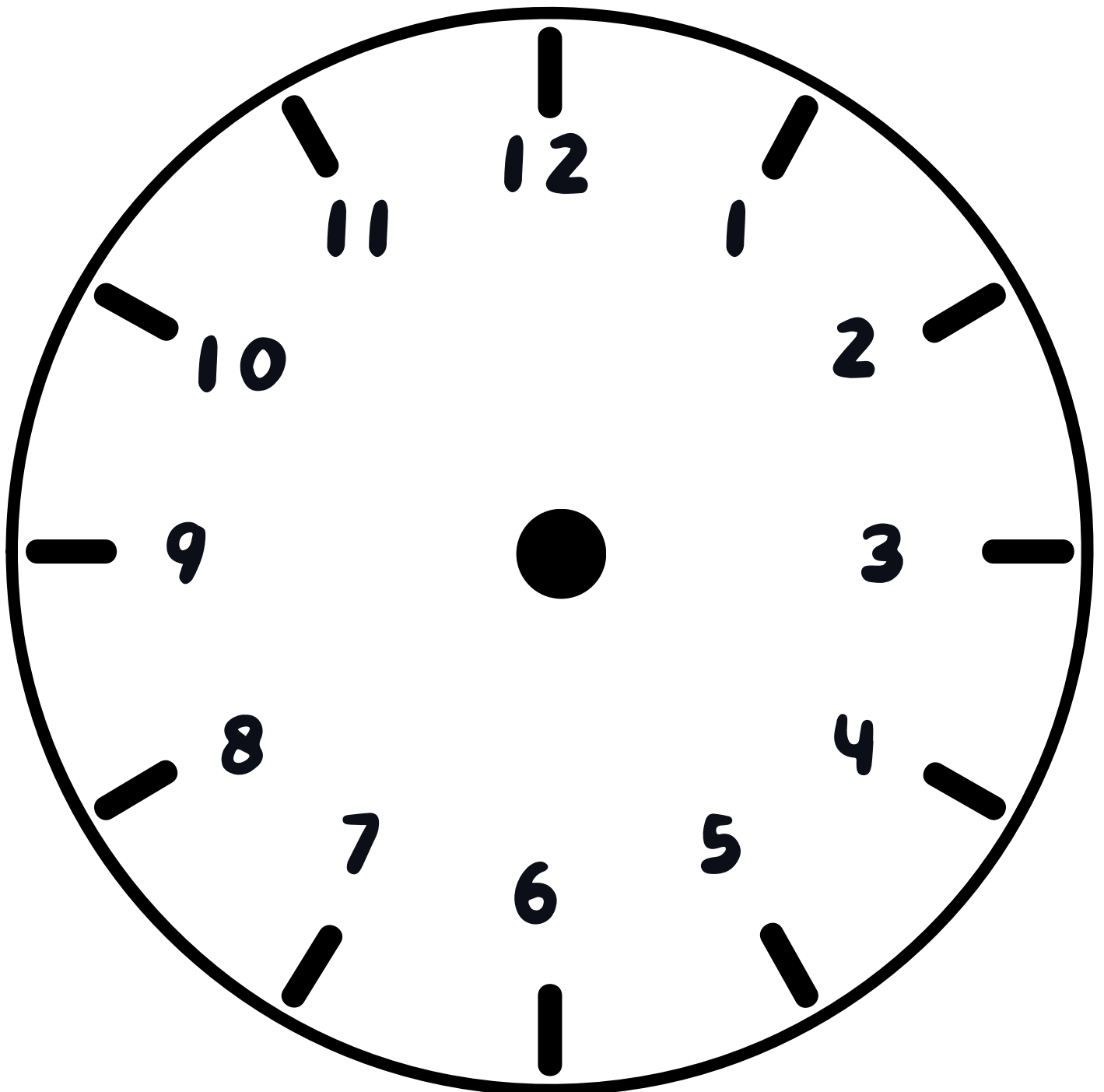




Worry Time

Choose a specific time every day as your Worry Time. It could be after school or before dinner. During this time, take out your worries one by one and read them out loud to your safe person.



Write Down Your Worries

