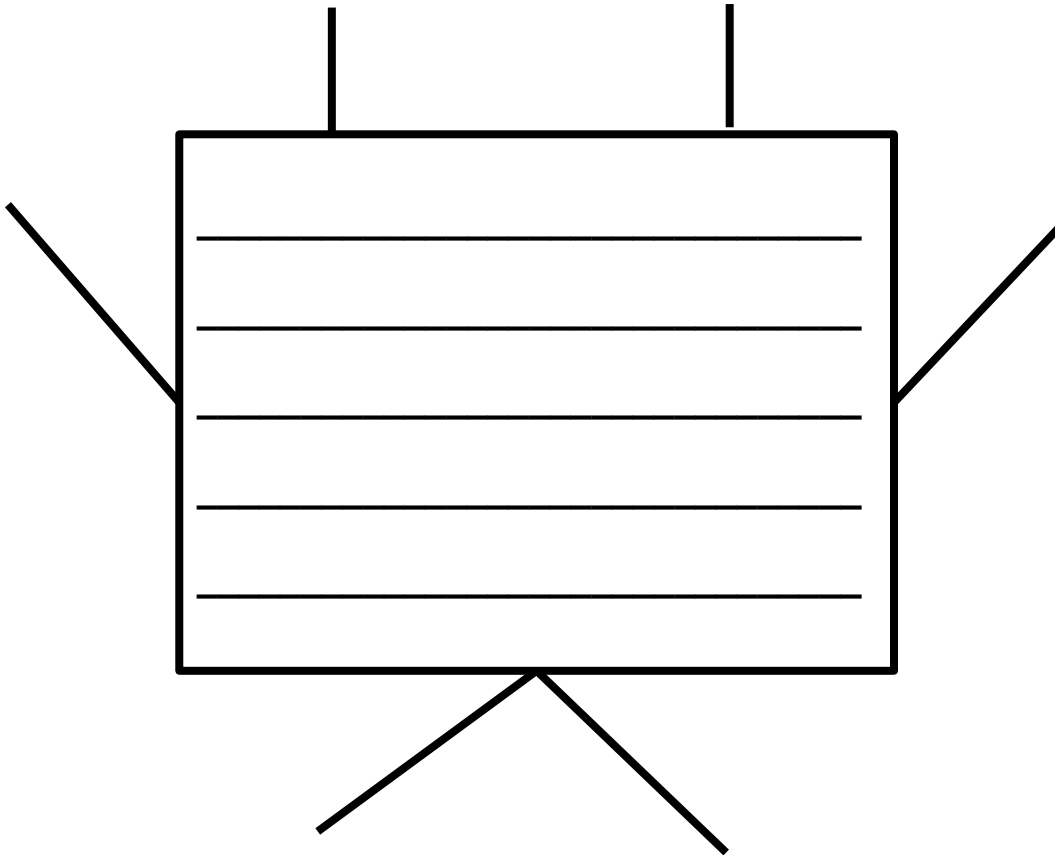


Name: _____ Date: _____

Directions: Write down when your Anxiety Monster visits you. Then, write what you can do to train or tame the monster when it visits.



What do you think you can do to train or tame your Anxiety Monster?

My Anxiety Monster