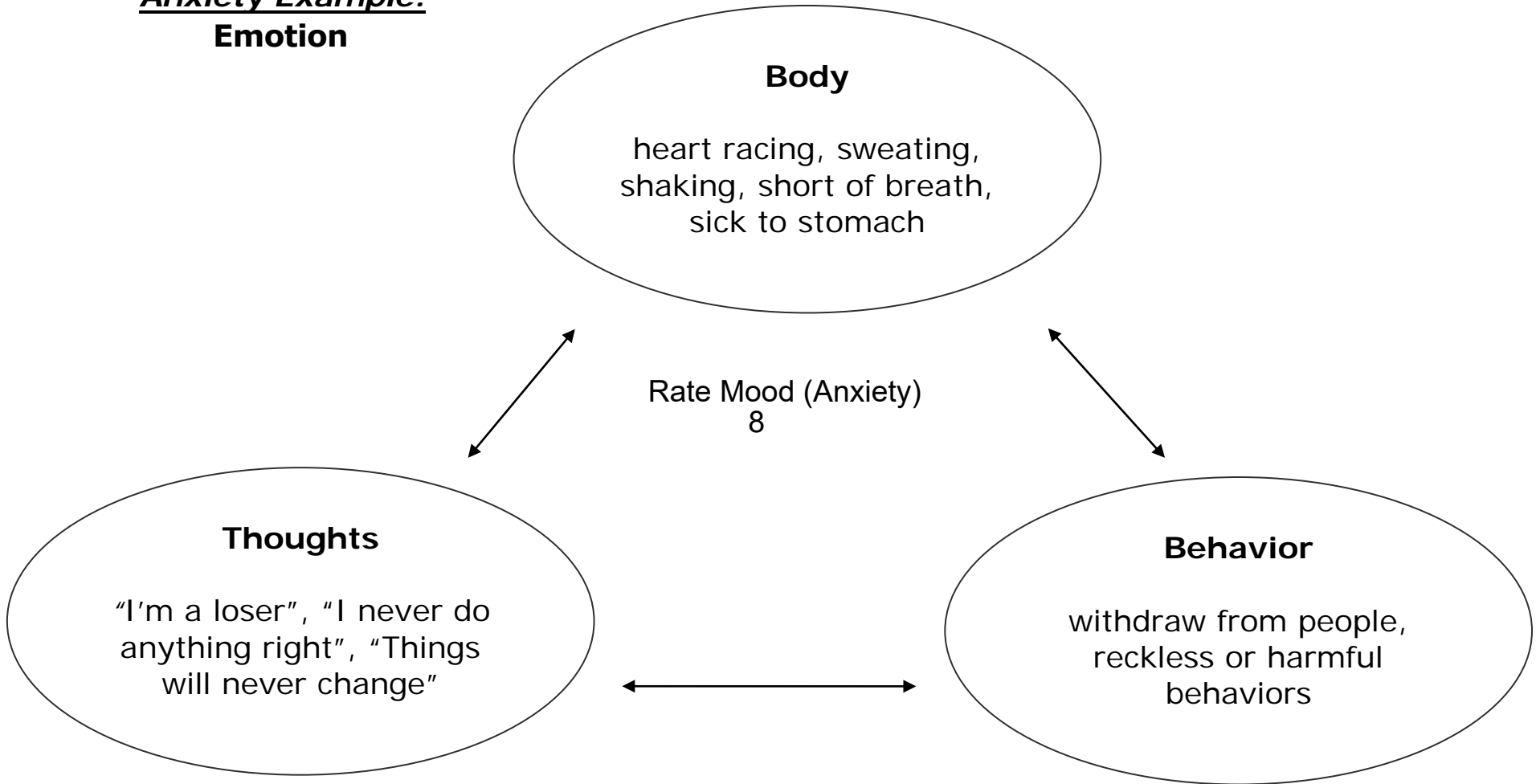


THREE CHANNELS OF EMOTION EXAMPLE SHEET: WHERE WE FIND EMOTION

Anxiety Example:
Emotion



THREE CHANNELS OF EMOTION WORKSHEET

Emotion

Body

Rate Mood

Thoughts

Behavior

Three Channels Skills Graphic

Skills Practice

Check which of these skills you want to practice on your own. Remember, practicing helps you:

- Use the skill.
- Troubleshoot any problems with using it.
- Add it to your toolbox for when you need it most.

