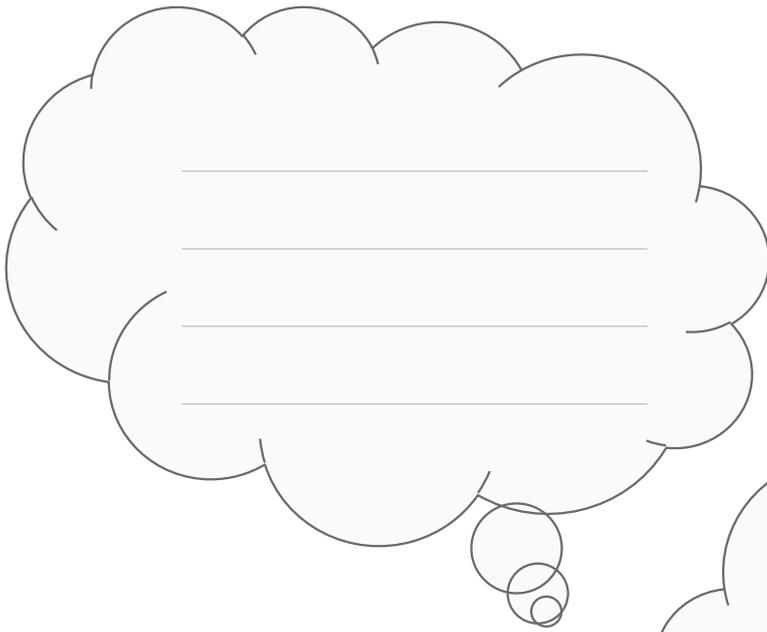


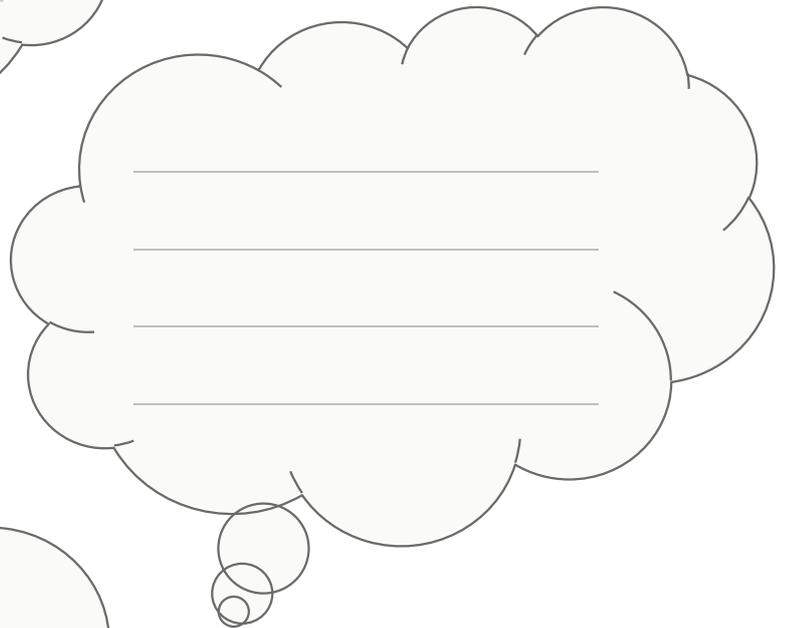
MIT AUFGEWÜHLTHEIT UMGEHEN

Name: _____

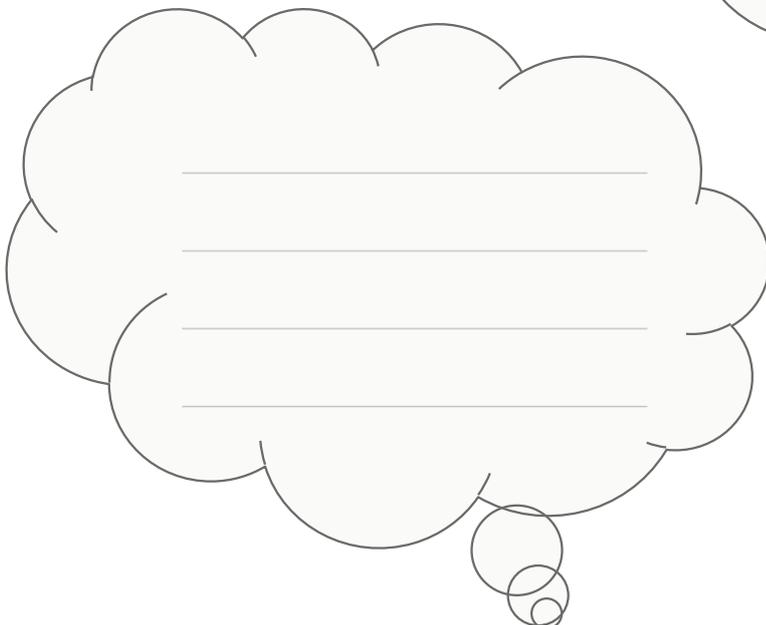
Um die aufwühlenden Gedanken zu bekämpfen, hätte ich stattdessen diese Gedanken ausprobieren können:



A thought bubble with a scalloped border and two small circles at the bottom. It contains four horizontal lines for writing.



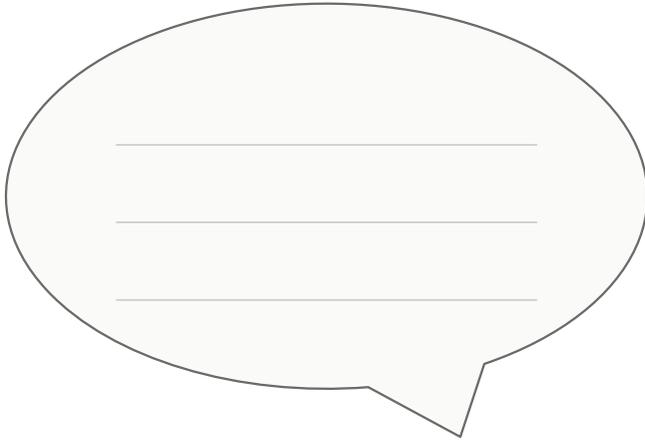
A thought bubble with a scalloped border and two small circles at the bottom. It contains four horizontal lines for writing.



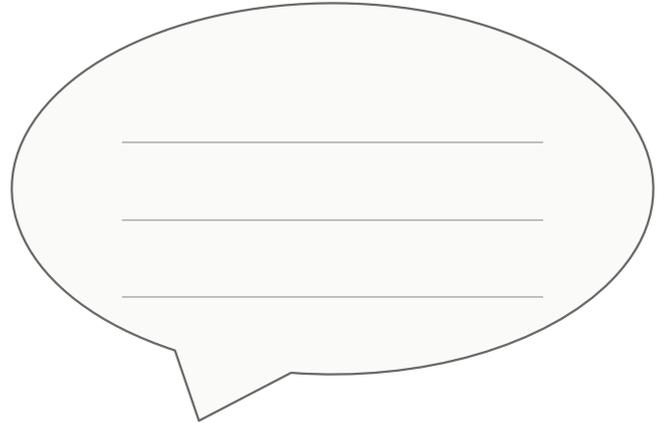
A thought bubble with a scalloped border and two small circles at the bottom. It contains four horizontal lines for writing.

Name: _____

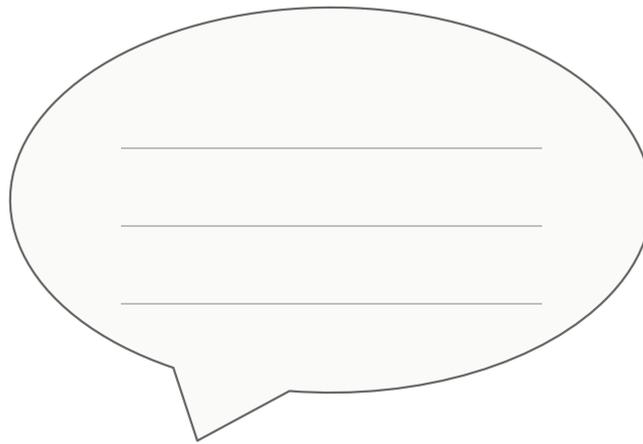
Hier sind weitere hilfreiche Dinge, die ich mir **sagen** könnte, wenn ich das nächste Mal aufgewühlt bin:



A light gray speech bubble with a black outline and a tail pointing towards the bottom right. It contains three horizontal lines for writing.



A light gray speech bubble with a black outline and a tail pointing towards the bottom left. It contains three horizontal lines for writing.



A light gray speech bubble with a black outline and a tail pointing towards the bottom left. It contains three horizontal lines for writing.

Das ist etwas, was ich das nächste Mal **tun** kann, wenn ich aufgewühlt bin:



Six horizontal lines for writing, spaced evenly down the page.

