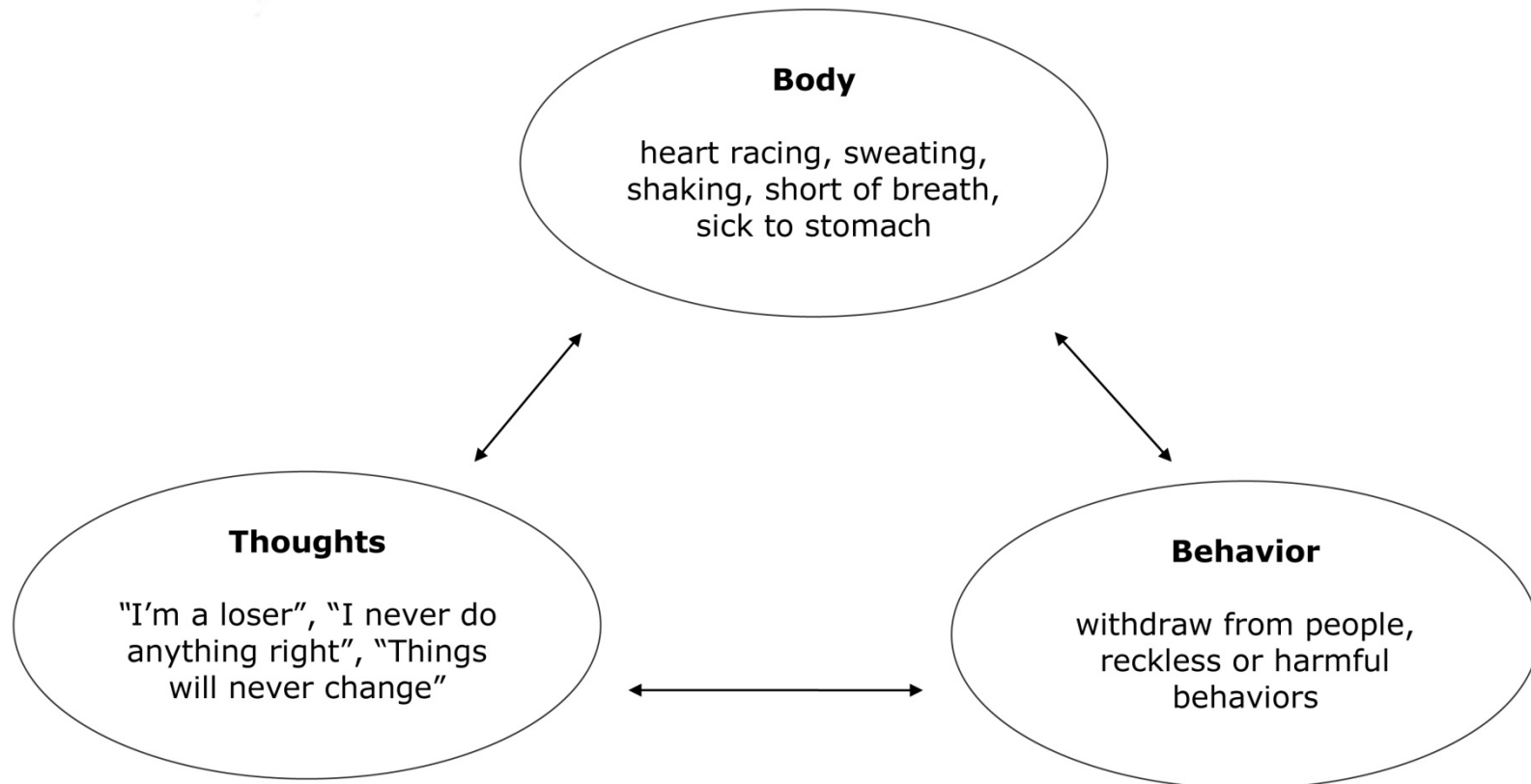
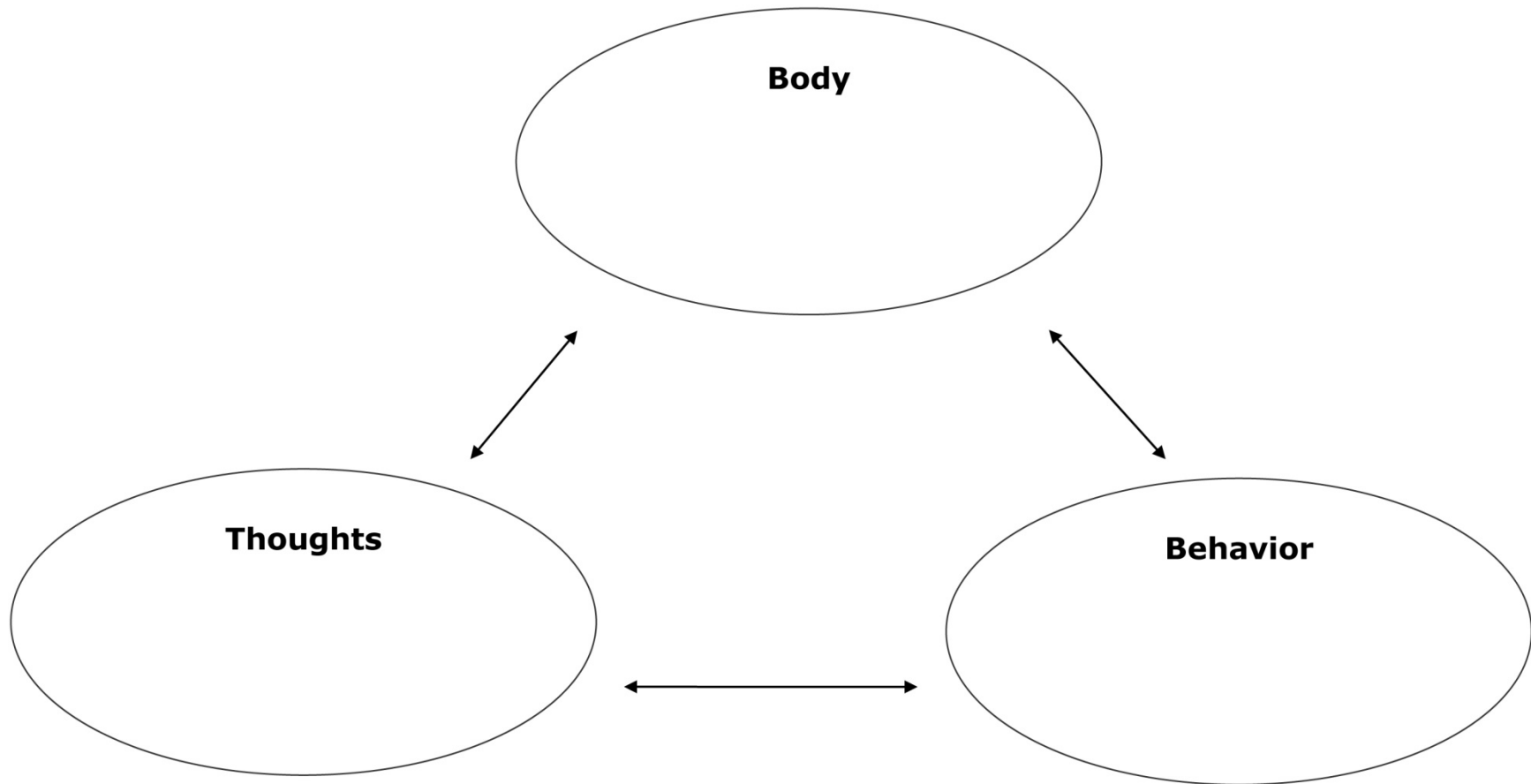


## Feelings Monitoring Form Session 3 Handout

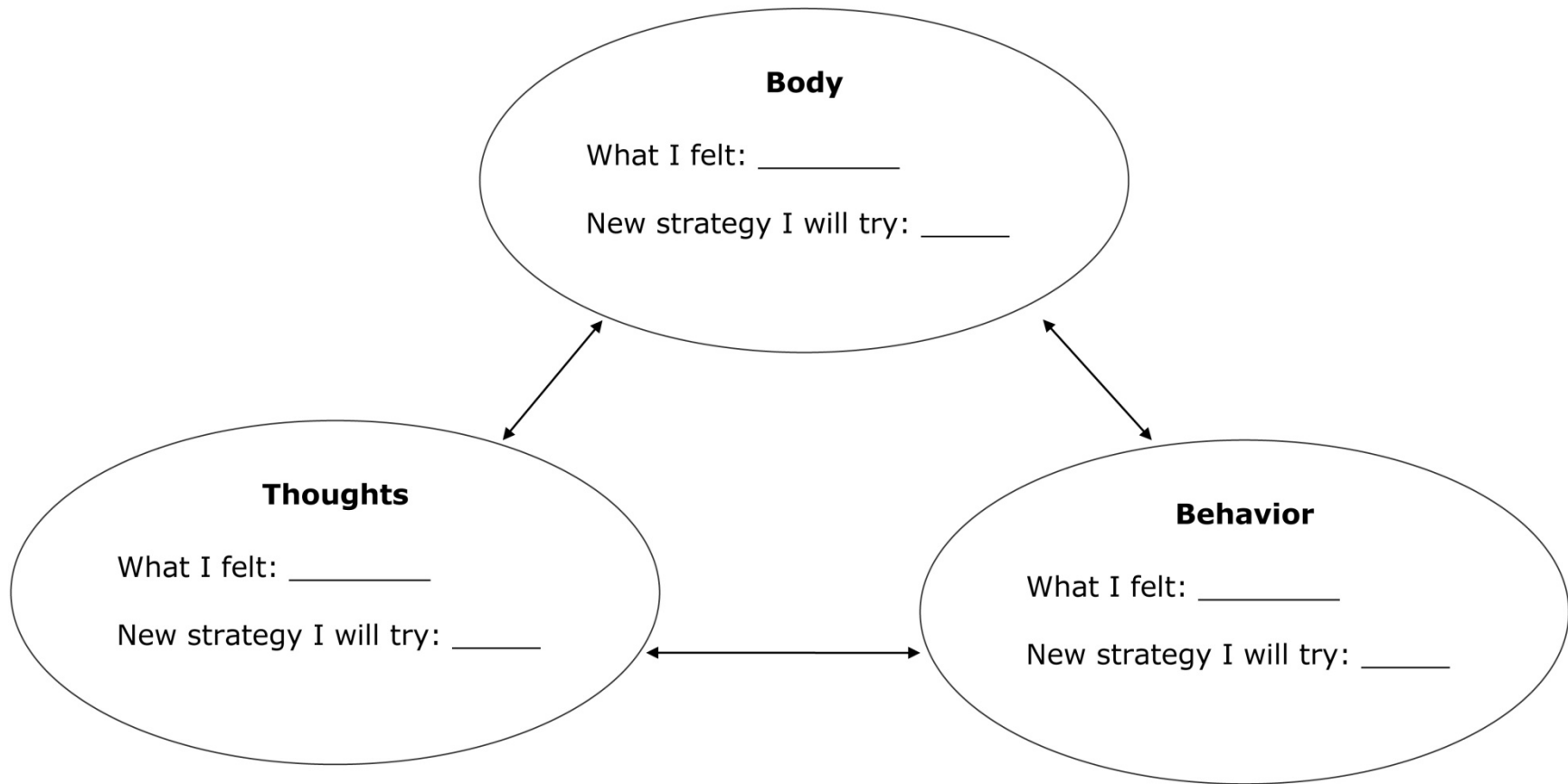
### Anxiety Example



**Three Channels of Emotion Work Sheet**



**Three Channels of Emotion: Problem Solving**



Created 5/9/2012