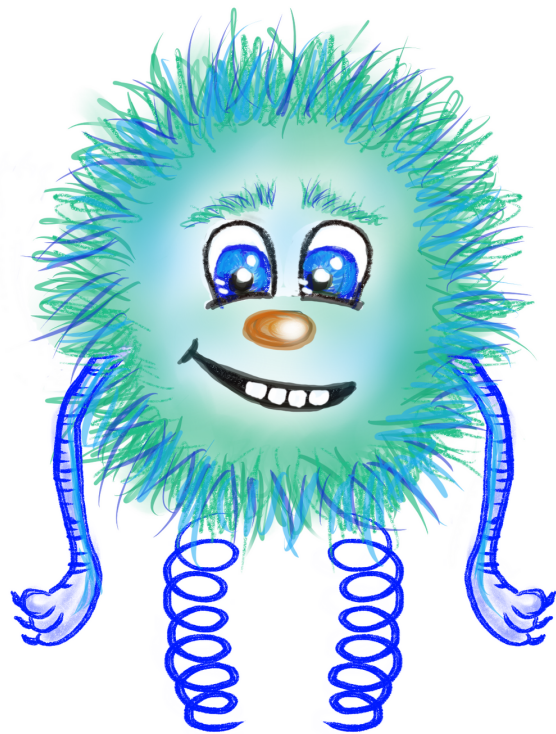


Spi SPIRAL



- Adding sad or scared thoughts together
- Fast!
- Makes you really upset

Why it's a trap:

- The bad things probably aren't related

Don't forget: Separate the problems to fix each one

What are the first 3 spiral thoughts:

1. _____ 2. _____ 3. _____

Where could we try to STOP the spiral?

Later on, did we stop the worry spiral? YES NO