

# Take 5.....

For Anxiety

DATE:

*Frasesdeagradecimiento.com*

## What happened



---

---

---

---

---

## How I Reacted

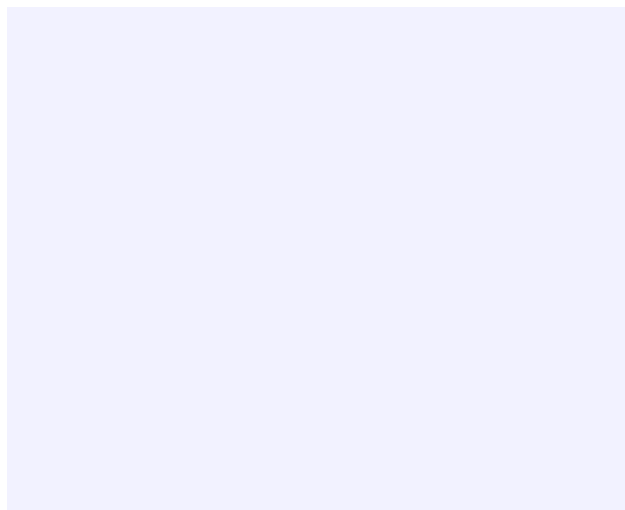
---

---

---

---

### What I Think Feel



### How I'd Like To React Next Time

