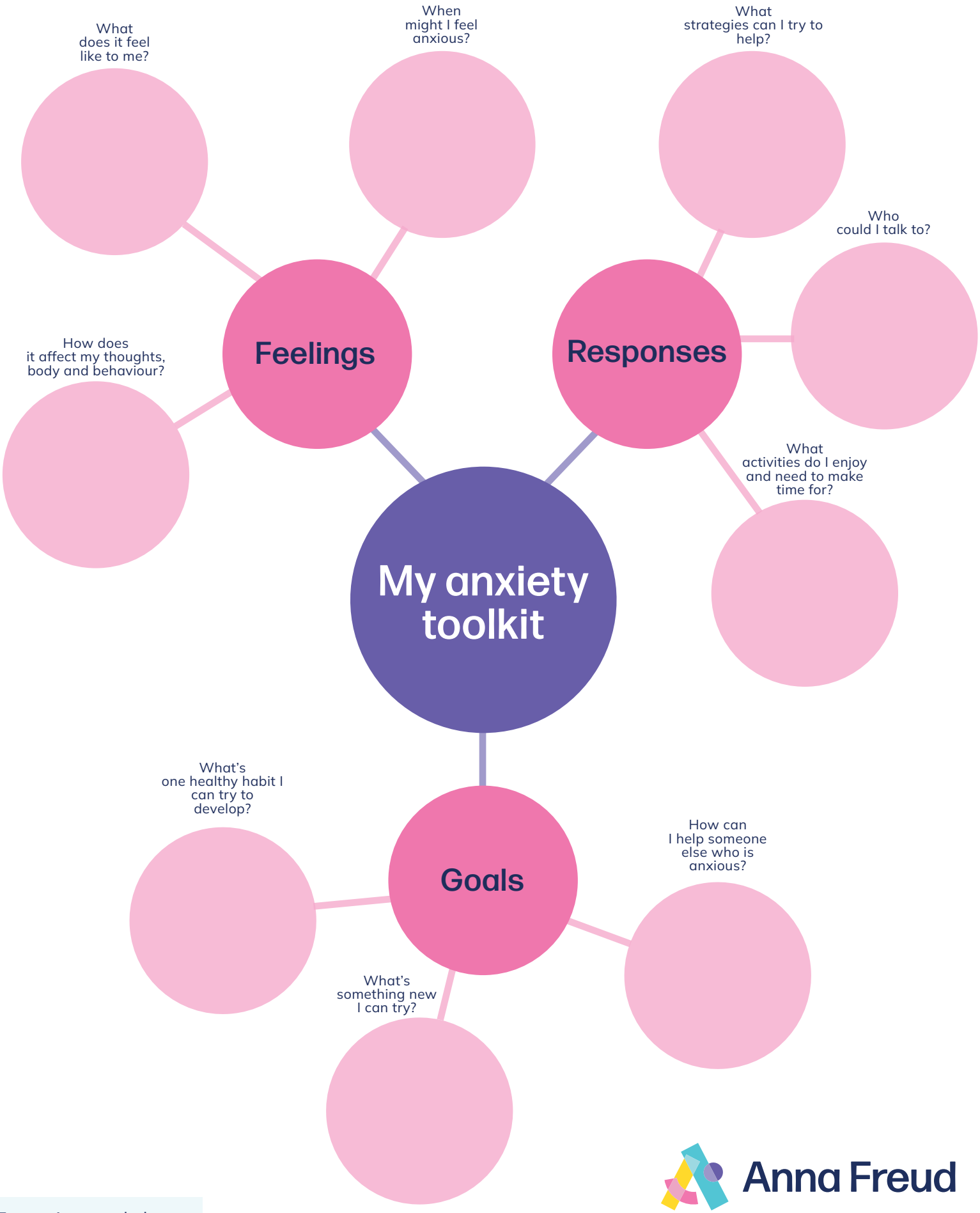
My anxiety toolkit worksheet



Anna Freud

Extension worksheet