
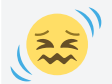






## My Body and My Worries

On the person below, circle what parts of your body feel different when you are worried. If you can, draw a picture of how it feels when you worry.

If you need more help, from the legend, cut out the sensation you feel and place the sensation on the part of your body that is affected. (For example, if your stomach hurts when you worry, put the “pain” icon on the stomach).

Gabriella Lancia, PhD

Legend	
Butterflies	
Shakes	
Pain	
Dizziness	
Tears	
Tense feeling	
Nausea	