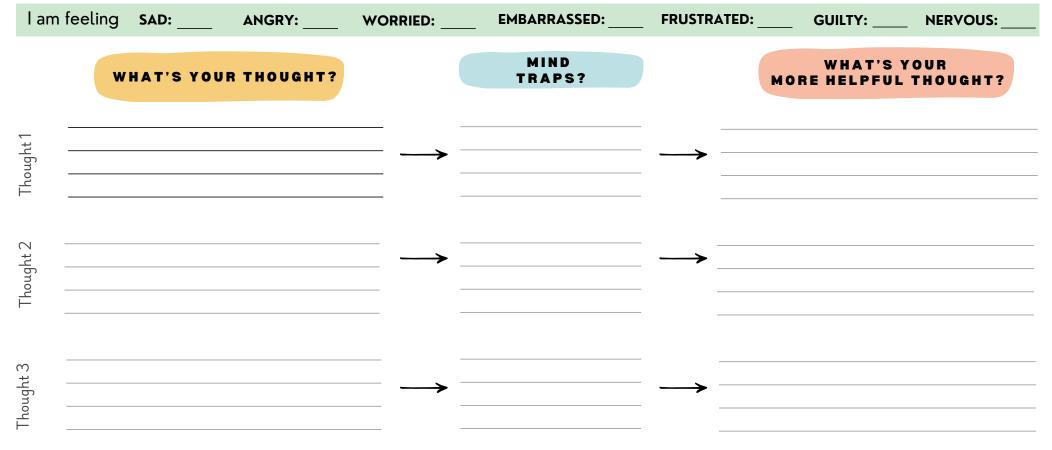
MIND TRAPS Worksheet



Before you start, how do you feel? Rate your emotions out of 10.



Finished? Do you feel a little better? Rate your emotions out of 10 again.

