

WHEN I'M ANXIOUS I NEED:

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.

The
MIGHTY

WHEN I'M HAVING A PANIC ATTACK I NEED:

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.

The
MIGHTY