

ADDENDUM

1. WHAT IS MY TRIGGER?

_____ (math test)

2. WHAT IS MY THOUGHT ABOUT THIS TRIGGER?

(I'm going to fail)

3. WHAT IS MY FEELING?

_____ (fear)

4. HOW INTENSE IS MY FEELING?

(on a scale of 1 to 10, with 10 being the worst)

5. WHICH STRATEGY SHOULD I USE?

(Square Breathing)