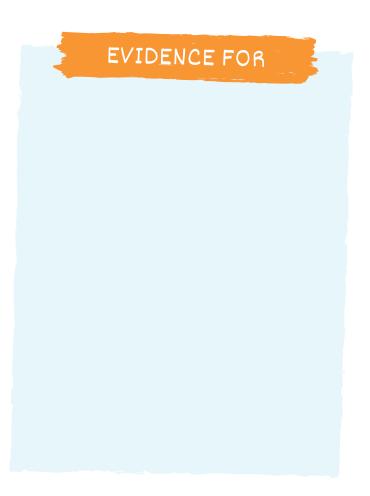


MY WORRIES ARE ...

What is the evidence for my worry?



EVIDENCE AGAINST



What is the problem?



Can you think of three steps to help solve the problem?



Who can I talk to about my worries?

