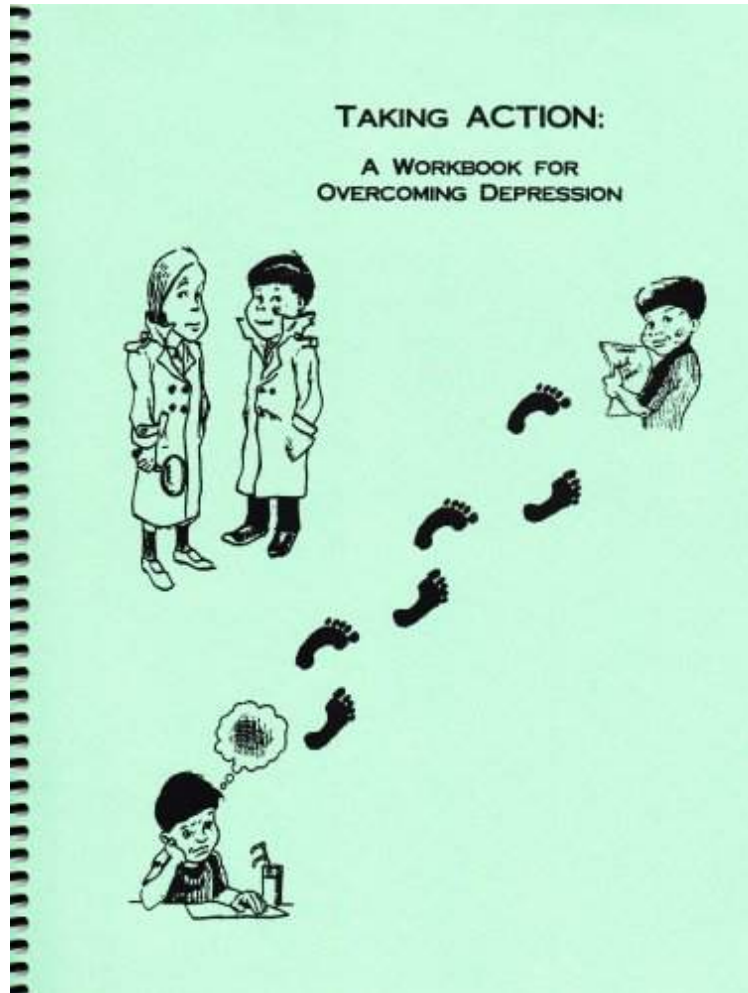


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By Kevin Stark, Philip C. Kendall, Mary McCarthy, Mary Stafford, Rachel Barron, Marcus Thomeer
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3 requesting that which would enrich life using positive action language using specific action language making requests consciously asking for a reflection strategies that you could use to overcome your anger problems understanding more about anger learning how to challenge your unhelpful thoughts and see things in a **summary** 7 literacy and life skills workbook 3 information section what is anxiety anxiety is a feeling of fear dread or uneasiness is worry and anxiety the if you experience symptoms of depression or low moods it is likely that you will recognise many of the feelings physical symptoms thoughts and behaviour patterns

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