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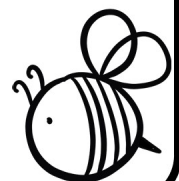
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## MASTER YOUR MONSTERS ANXIETY BOOKLET

**MASTER YOUR MONSTERS**

A guide to help you cope with your worries

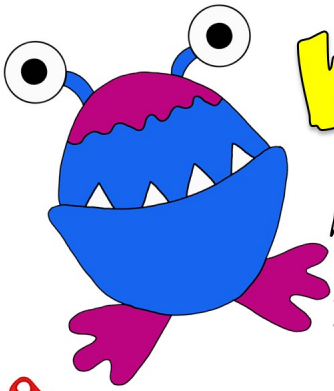
BY  
Debbie Palphreyman

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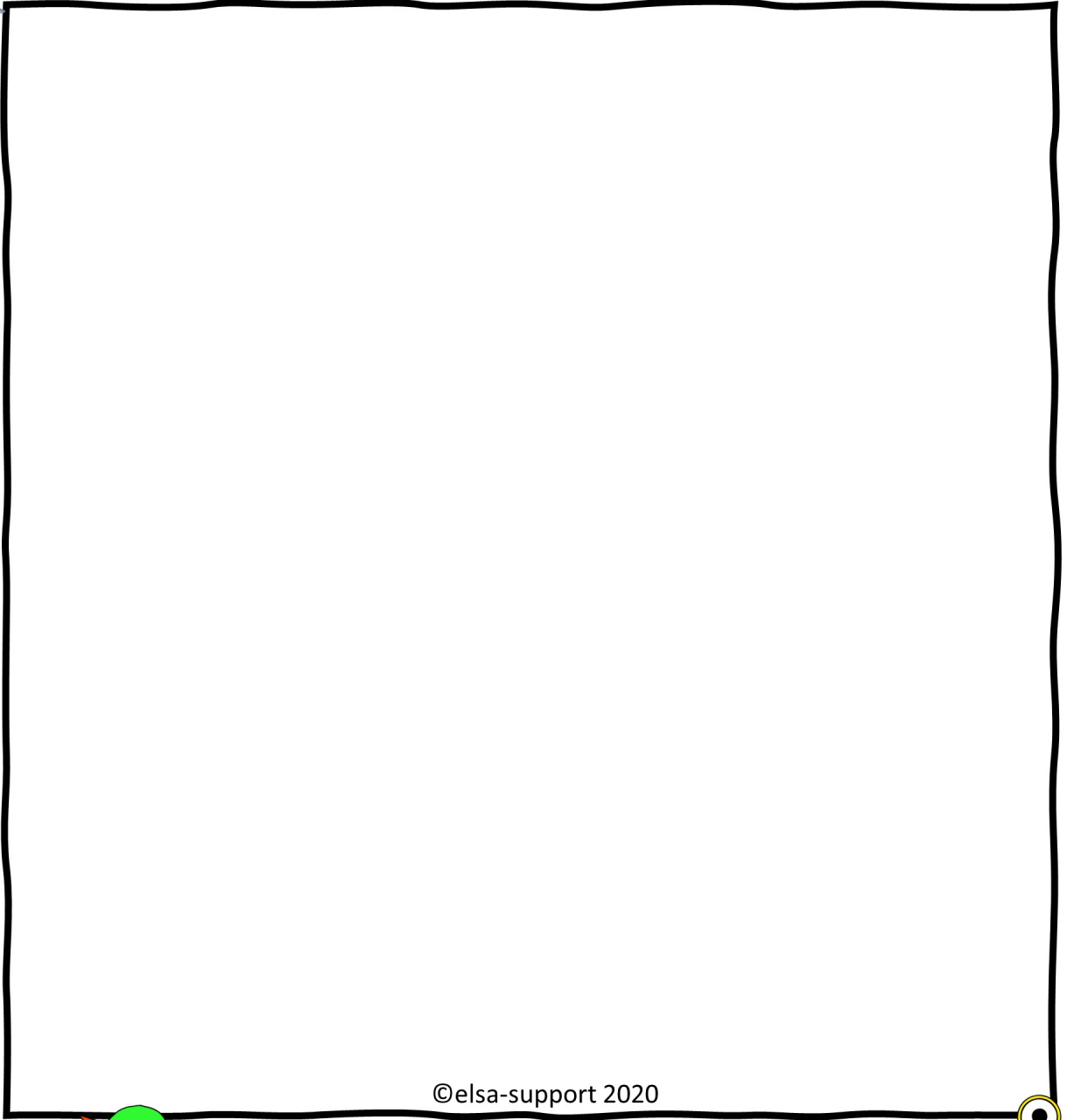




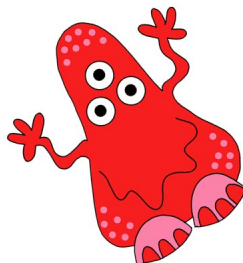
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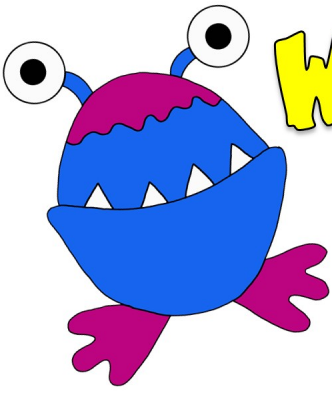


*Design your own worry monster.  
What shape and colour will it be? Cut him out  
and stick in your room somewhere  
You can imagine feeding the monster all your  
worries and letting them go. Have a try!*



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# Worry monster



*Make a list of worries to talk to your monster about.*

*(Remember if you are really worried you can talk to an adult too!)*

1.

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2.

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3.

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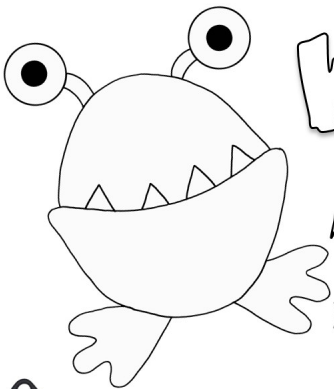
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4.

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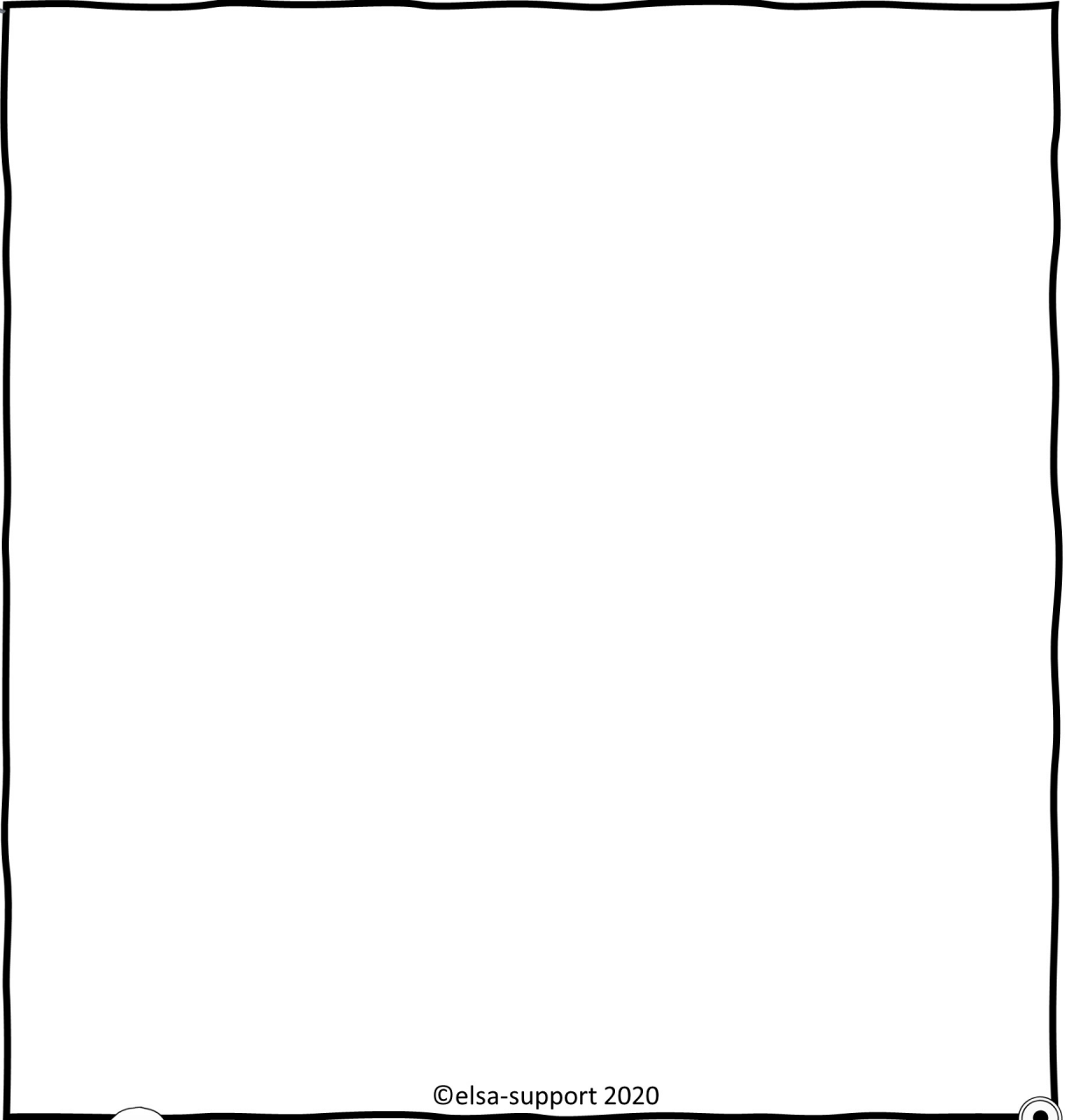
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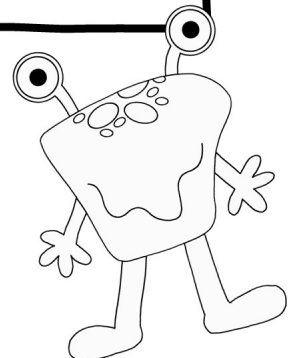
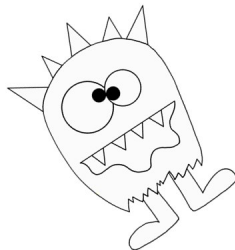
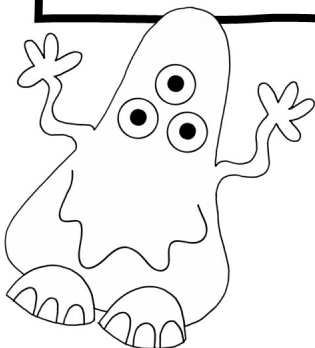
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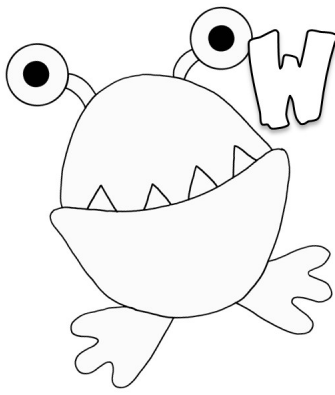


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