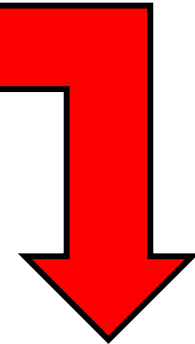


Fear Cycle Worksheet

Fear

I'm afraid that...



Fiction

I make up the story
that....

Recenter

Facts

What is actually
going on is....

NorthStar

Relational
Consultants

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