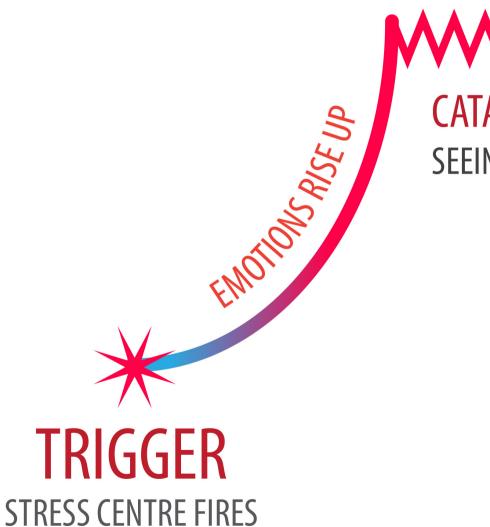
## **EMOTIONAL PROBLEMS**



**CATASTROPHISING THINKING:** 

SEEING THE WORST, NOT THE SOLUTION

WE MAY AVOID THESE SITUATIONS IN THE FUTURE

## **EMOTIONAL PROBLEM SOLVING**

