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language and concepts in this manual are concrete and have been simplified to facilitate the child's comprehension.

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Anxiety Worksheets for kids enable kids to identify their anxiety triggers. These worksheets help kids sort out their

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evidence-based CBT and designed to help children understand their anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. With this workbook, children will learn that, just as they are

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capable of envisioning vivid scenarios
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