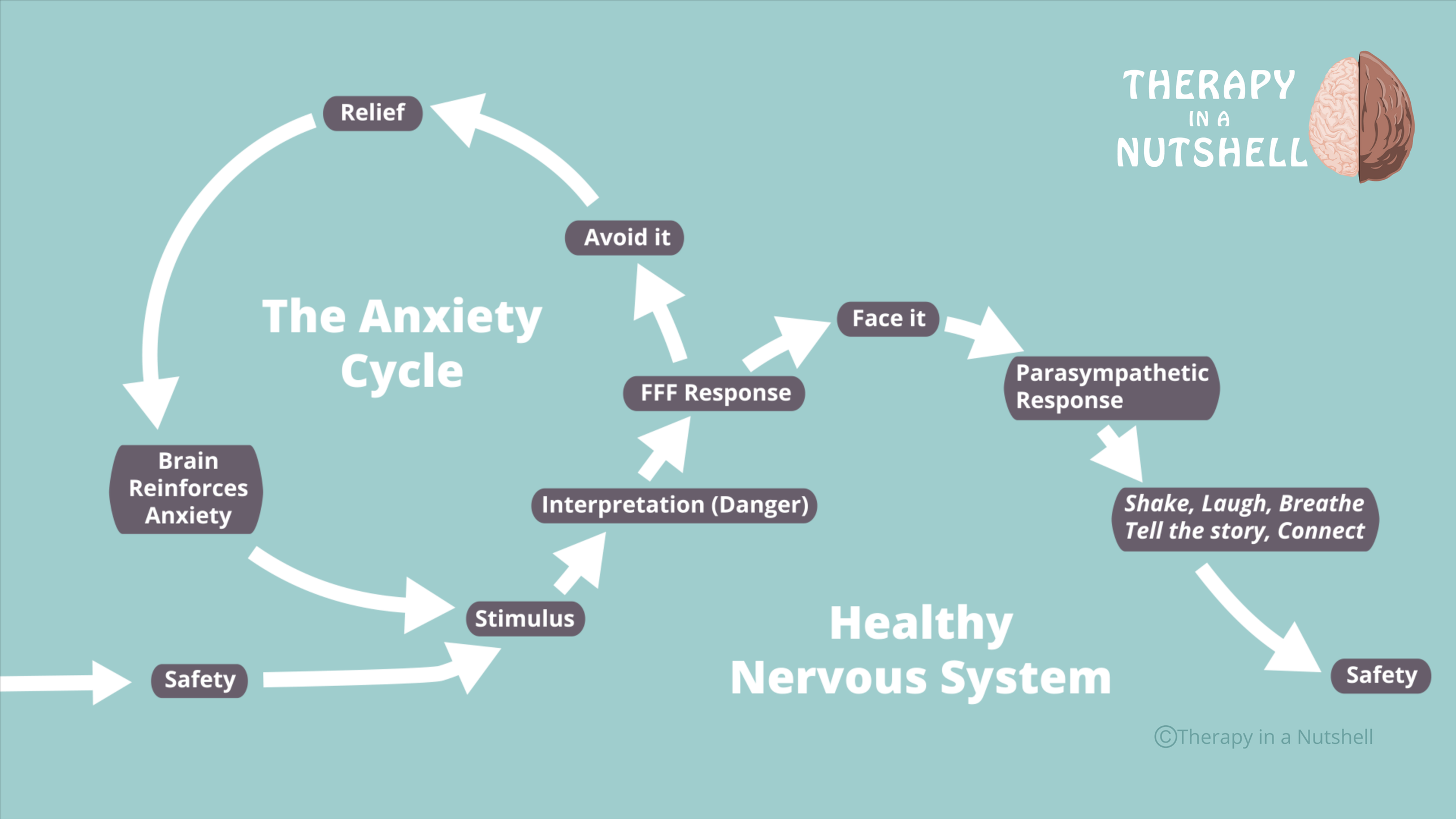

THERAPY IN A NUTSHELL
Relief
Avoid it
The Anxiety Cycle
Face it
FFF Response
Parasympathetic Response
Brain Reinforces Anxiety
Interpretation (Danger)
Shake, Laugh, Breathe
Tell the story, Connect
Stimulus
Safety
Healthy Nervous System
Safety
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