

What are the signs your amygdala is activated?

Name _____

Feelings

Amygdala

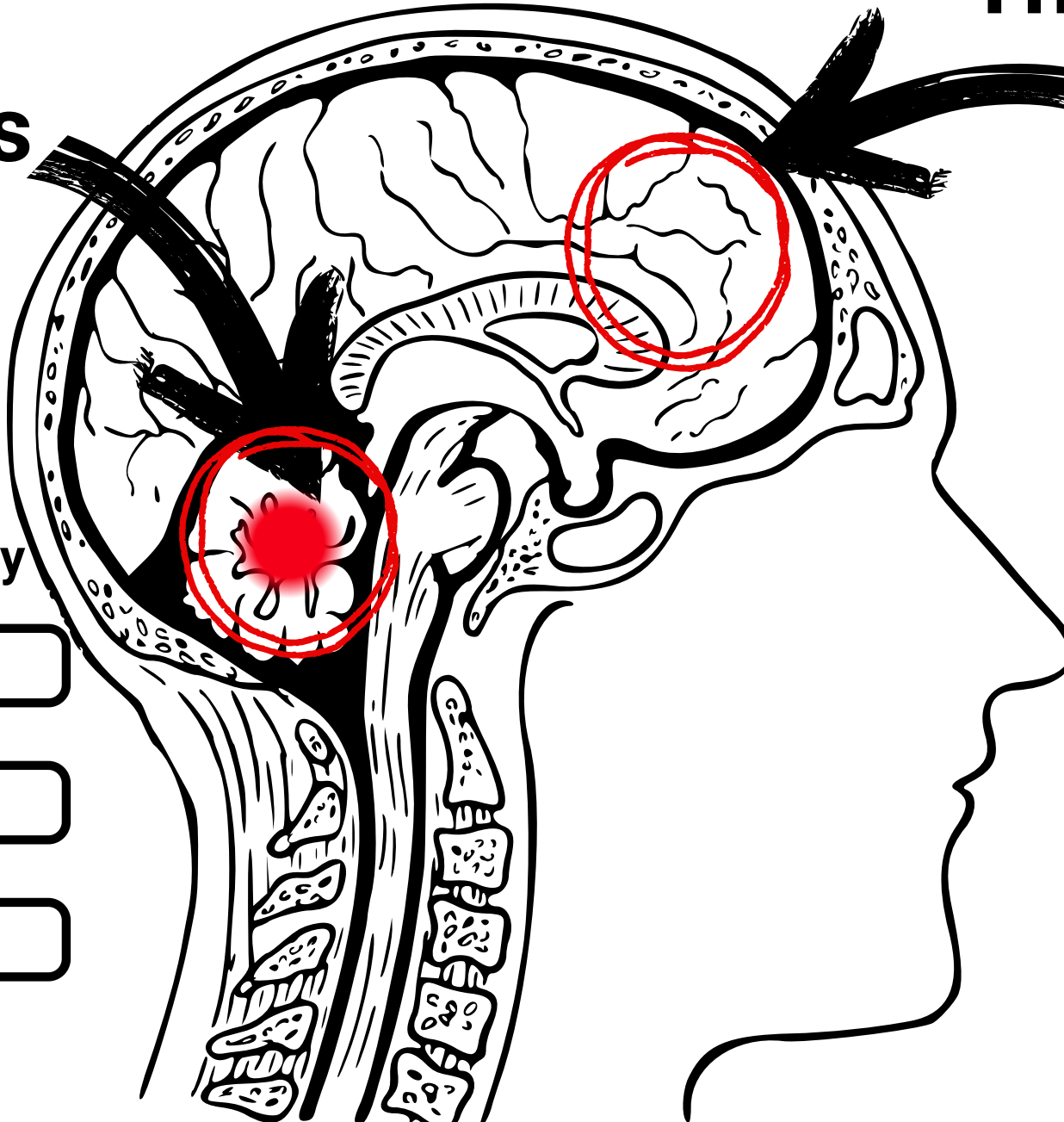


Signs of Worry

1

2

3



Think



- Know the worry is here.
- What is it telling me?
- Is it true?
- What can I do?

