

**Session 6 Workbook**

NAME: ……………………………………………………………..

6

**Recap on sessions:**

* Autism and Anxiety (Session 1)
* Feelings, Physical and Body Sensations, Flight, Flight, Freeze (Session 2)
* Thoughts and Behaviour; What thoughts and behaviour keep anxiety going, antidotes to unhelpful thoughts and behaviour (Session 3)
* Developing an emotional toolkit (Sessions 4 and 5)

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**My overall goal was:**

**How equipped do I feel now in achieving this goal?**

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0

10

3

4

6

9

8

7

2

5

1

**How do I know that I have achieved my goal?**

Am I doing anything differently?

Am I feeling differently?

Am I thinking differently?

What have other people notice?



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**Practice Task**

**We encourage you to keep practicing everything you have learnt!**