

How Does My Body React?

Today we're going to talk about the ways our bodies might react when we feel nervous. For example, as a cat, I show that I'm scared when my fur stands up. When I'm frightened, I feel like a Scaredy Cat.



Sometimes being afraid is okay . . . There are times when everyone is a little bit afraid. But, there are other times when we don't have to be afraid. When I keep my cool, I'm Coping Cat.



Resource: The Coping CAT.
Harborview CBT+ 03