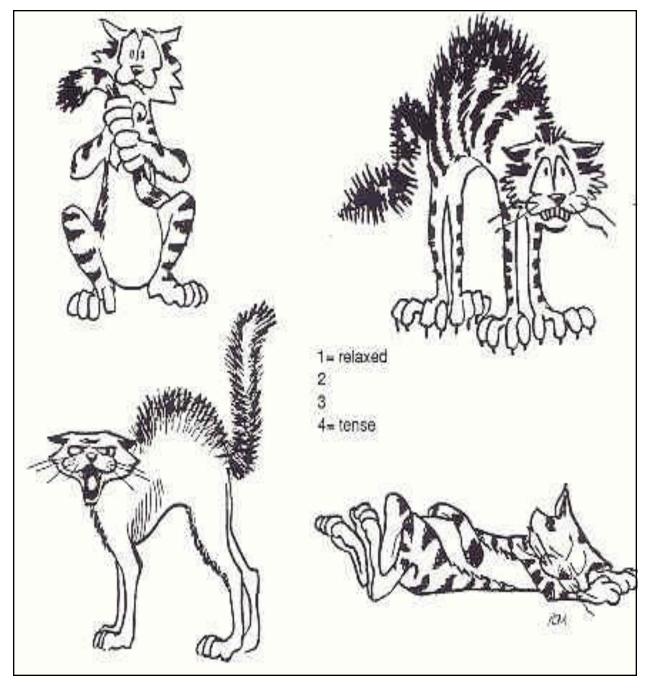
Tense or Relaxed?

Sometimes we can also notice when other people feel tense by the way their bodies look. Look at these pictures below. Can you rate how relaxed the cat feels? Under each picture, note how tense or relaxed the cat is: place a 1 if the cat is relaxed, or if the cat is tense, put a 4.



Resource: The Coping CAT. Harborview CBT+ 03