

Anxious and Afraid



“I have a *bad* feeling
about this...”

I feel like something really bad is about to happen...

My senses are selective and only looking for trouble

My heart is beating fast and shallow, it feels like it's sinking into my stomach

My hands are trembling...

Is that a knot in the middle of my stomach?

My legs are shaky, but I need to run away!

Have I done something wrong?
Am I in trouble, again?!

Why do I feel this way? Find out at:
www.scottishconflictresolution.org.uk

We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant. Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.

