| Connors external worries   | My external worries  |
|--|----------------------|
| fears and concerns   | fears and concerns   |
| People will judge me<br>(because of my lisp)<br>other people won't want to<br>be my friend - they'll look<br>down on me  |                      |
| Connor's Internal worries,   | My Internal worries, |
| Sears and concerns   | Sears and concerns   |
| Im concerned I'll never be able to Manage this anxiety I worry that I'll never be able to Make meaningful connections I worry that I'll always struggle in social situations |                      |

The Kindness Workbook

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