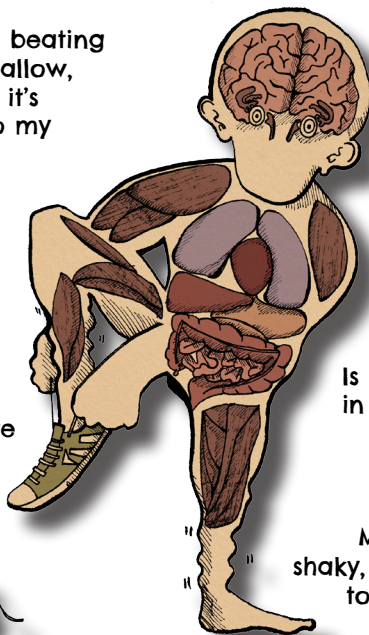


**I feel like something really bad  
is about to happen...**

**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](http://www.scottishconflictresolution.org.uk)**

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# Anxious and Afraid



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