

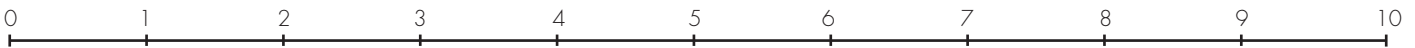
Arbejdsark 1

Bekymringskala

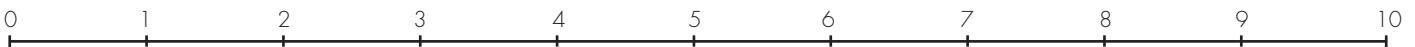


Hvor mange bekymringer og negative tanker har du haft den sidste uge? Sæt ring om et tal fra 0 til 10.

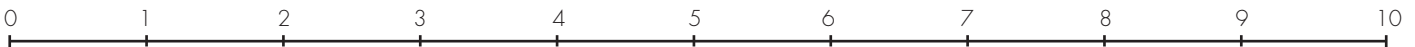
1. gang:



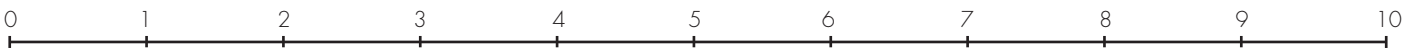
2. gang:



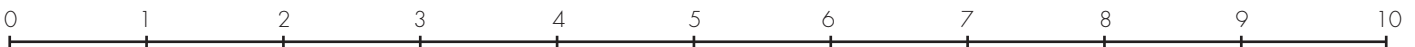
3. gang:



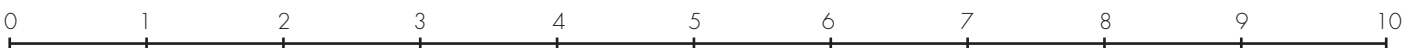
4. gang:



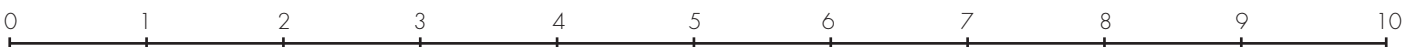
5. gang:



6. gang:



7. gang:



8. gang:

