

## Exercise

### High risk situation:

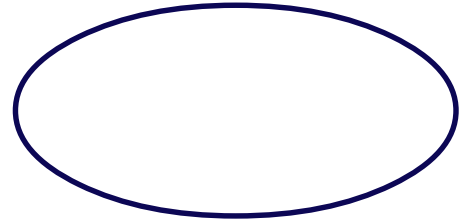
Coping by thinking (self-talk)

- 1.
- 2.
- 3.

Coping by doing (behaviour)

- 1.
- 2.
- 3.

Useful image



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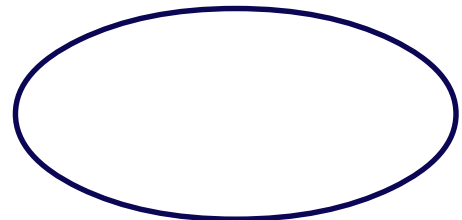
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