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Wars And Other Negative Media That May Induce Worry And Stress In Children. So  
It's 2th, 2024Special Place Guided Imagery - Change To ChillSpecial Place Guided  
Imagery This Guided Imagery Helps You Visualize And Visit Your Own Personal Spe  
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Very Comforting. Perhaps It Is Quiet In Your Garden, Or Maybe There Are A Number  
Of Sounds. Some Of The Sounds May Be Very Soft, While Others May Be Louder.  
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TherapySecret Garden, As Vividly As Possible. As You Approach Your Garden, Notice  
If There Is A Fence Or Wall Around It. Visualize The Structure And Imagine How It Is  
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Effective When (Geen & Quanty, 1977): 1. Anxiety Towards The Wrong-doer Is

Absent Or Low 2. Anger Is Directed Towards The Wrong-doer, Not Towards A Substitute 3. Anger Is Expressed By Oneself, Not By Others (anger Is In YOUR Body). 2th, 2024.

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