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## Stop Reacting Start Responding Sharon

**page 1 4 anxiety - getselfhelp cbt self help and ...** - page 1 of 4 get © carol vivyan 2009-2015, permission to use for therapy purposes **getselfhelp/anxiety ocd obsessive compulsive disorder - getselfhelp** - page 1 of 5 get/ocdm © carol vivyan 2015. permission to use for therapy purposes. **getselfhelp ocd obsessive compulsive disorder active shooter - how to respond - homeland security** - profile of an active shooter an active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearms(s) and there is no **self esteem - getselfhelp** - page 2 of 5 **getselfhelp/esteem** get © carol vivyan 2009-15, permission to use for therapy purposes **why do icebreakers/teambuilders? - university of new orleans** - icebreaker and teambuilding 2workbook activity type: teambuilder supplies needed: 25 balloons and 1 roll of tape per group. number of people: teams of 4+.

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