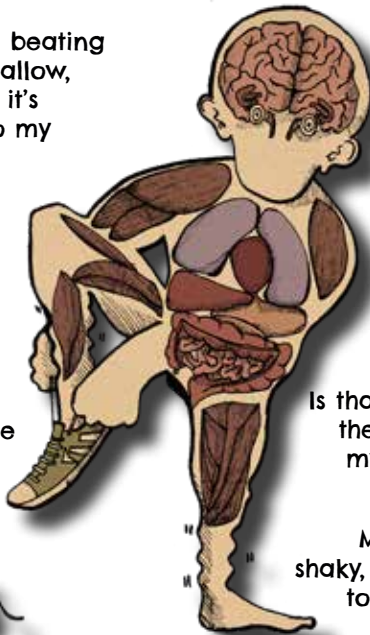


I feel like something really bad is about to happen...

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



Anxious and Afraid



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