

# seeking safety worksheets

**seeking safety worksheets** are a valuable tool for individuals and therapists navigating trauma, substance use, and mental health challenges. This comprehensive article explores the purpose and benefits of Seeking Safety worksheets, their role in recovery, and how they facilitate structured, evidence-based coping strategies. Readers will discover the origins of the Seeking Safety model, the diverse types of worksheets available, and practical tips for integrating these resources into therapy or personal healing journeys. With expert insights and actionable strategies, this guide makes it easy to understand why Seeking Safety worksheets are trusted in clinical and self-help settings. Whether you are a mental health professional, someone seeking support, or simply interested in trauma-informed approaches, this article provides an in-depth look at everything you need to know about Seeking Safety worksheets.

- Understanding the Seeking Safety Model
- Key Features of Seeking Safety Worksheets
- Types of Seeking Safety Worksheets
- Benefits of Using Seeking Safety Worksheets
- How to Use Seeking Safety Worksheets Effectively
- Tips for Therapists and Clients
- Frequently Asked Questions About Seeking Safety Worksheets

## Understanding the Seeking Safety Model

The Seeking Safety model is an evidence-based treatment program designed for individuals struggling with trauma and substance use. Developed by Dr. Lisa M. Najavits, the approach emphasizes coping skills, psychoeducation, and grounding techniques. Unlike traditional therapies that delve into traumatic events, Seeking Safety focuses on establishing safety in the present moment. The model is structured, flexible, and applicable in group or individual therapy settings, making it accessible for a wide range of clients. Its worksheets are central to the process, providing practical exercises that reinforce healthy behaviors and emotional regulation. The Seeking Safety protocol is widely recognized for its trauma-informed, skill-building approach.

## Key Features of Seeking Safety Worksheets

Seeking Safety worksheets are specifically designed to support the therapeutic process. These worksheets serve as interactive guides, helping clients learn, practice, and reinforce coping strategies. Key features include easy-to-follow instructions, clear objectives, and structured activities. Worksheets are adaptable for various age groups and literacy levels. They often incorporate elements such as self-reflection, goal setting, and action planning, which are crucial for lasting behavioral change. Therapists appreciate these resources for their flexibility and the way they facilitate client engagement and collaboration.

## **Essential Elements of Seeking Safety Worksheets**

- Skill-building exercises
- Psychoeducation about trauma and substance use
- Grounding and mindfulness activities
- Personal reflection prompts
- Action planning and goal-setting sections

## **Types of Seeking Safety Worksheets**

There is a wide variety of Seeking Safety worksheets tailored to specific topics and client needs. Each worksheet focuses on a particular theme or coping skill relevant to trauma and substance use recovery. The diversity of worksheets allows for customization and targeted interventions, ensuring that each client receives support that aligns with their unique experiences.

## **Popular Themes in Seeking Safety Worksheets**

- Safety and self-care
- Setting boundaries
- Managing triggers
- Healthy relationships
- Creating meaning
- Recovery thinking
- Compassion and forgiveness

Worksheets also address practical topics such as asking for help, honoring achievements, and managing negative thinking. This variety ensures that clients can work through different aspects of recovery at their own pace.

## **Benefits of Using Seeking Safety Worksheets**

Seeking Safety worksheets offer numerous advantages for both clients and therapists. Their structured format provides a sense of predictability and safety, which is especially important for trauma survivors. Worksheets promote active participation, making therapy more engaging and interactive. They help clients internalize new skills and concepts by encouraging consistent practice and self-reflection. Additionally, worksheets serve as tangible records of progress, allowing clients and therapists to track improvements over time. For group therapy settings, worksheets foster shared learning and peer support, enhancing the overall effectiveness of treatment.

## **Top Advantages of Seeking Safety Worksheets**

1. Enhance learning and retention of coping skills
2. Facilitate self-reflection and personal growth
3. Provide structure and consistency in therapy
4. Encourage active participation and engagement
5. Support trauma-informed care principles

## **How to Use Seeking Safety Worksheets Effectively**

Utilizing Seeking Safety worksheets effectively involves thoughtful integration into therapy sessions or personal recovery routines. Therapists typically introduce worksheets based on the client's needs and treatment goals. It is important to create a supportive and non-judgmental environment where clients feel comfortable sharing their thoughts and experiences. Worksheets can be completed during sessions or as homework assignments, depending on the therapeutic approach. Reviewing completed worksheets together helps reinforce learning and build rapport. Flexibility is key, as worksheets can be adapted or revisited as clients progress in their recovery journey.

# Best Practices for Worksheet Integration

- Tailor worksheets to individual client needs
- Use worksheets as conversation starters in therapy
- Encourage ongoing reflection outside of sessions
- Celebrate progress and milestones
- Revisit worksheets to reinforce key concepts

## Tips for Therapists and Clients

Successful use of Seeking Safety worksheets depends on collaboration and openness. Therapists should introduce worksheets in a clear and supportive manner, explaining their relevance to the client's goals. Clients are encouraged to approach worksheets with honesty and curiosity, using them as a springboard for deeper self-understanding. Consistency and patience are essential, as recovery is a gradual process. Worksheets can be revisited or modified to reflect changing needs, ensuring ongoing relevance and effectiveness.

## Guidelines for Maximizing Worksheet Benefits

- Set realistic expectations for progress
- Use worksheets to identify strengths and areas for growth
- Maintain open communication with therapists
- Seek support when facing challenging emotions
- Apply insights from worksheets to daily life

## Frequently Asked Questions About Seeking Safety Worksheets

Seeking Safety worksheets are widely used, but users often have questions about their application, effectiveness, and accessibility. Understanding common concerns can help clients and therapists make informed decisions about integrating these resources into

treatment plans.

## **Q: What is the primary purpose of Seeking Safety worksheets?**

A: Seeking Safety worksheets are designed to help individuals build coping skills, understand trauma and substance use, and develop strategies for maintaining safety in their lives.

## **Q: Can Seeking Safety worksheets be used without a therapist?**

A: While worksheets are most effective when used in collaboration with a therapist, motivated individuals can benefit from them independently, especially when familiar with trauma-informed practices.

## **Q: Are Seeking Safety worksheets suitable for group therapy?**

A: Yes, these worksheets are commonly used in group settings to encourage shared learning, peer support, and discussion of recovery topics.

## **Q: How often should Seeking Safety worksheets be used?**

A: Frequency depends on individual needs and treatment goals. Some clients use them weekly, while others incorporate worksheets into daily or monthly routines.

## **Q: Are Seeking Safety worksheets appropriate for adolescents?**

A: Many worksheets are adaptable for younger clients, including adolescents, with modifications for language and content as necessary.

## **Q: What topics do Seeking Safety worksheets cover?**

A: Topics range from self-care and boundary setting to managing triggers, healthy relationships, and recovery thinking.

## **Q: Do Seeking Safety worksheets require previous**

## **therapy experience?**

A: No prior therapy experience is required, though guidance from a mental health professional can enhance understanding and results.

## **Q: Can I download Seeking Safety worksheets online?**

A: Worksheets are often available through professional resources, therapy programs, and some mental health organizations, though availability may vary.

## **Q: How do Seeking Safety worksheets support trauma recovery?**

A: They provide structured exercises that reinforce safety, coping mechanisms, and resilience, helping individuals manage symptoms and triggers.

## **Q: What makes Seeking Safety worksheets different from other therapy tools?**

A: Their trauma-informed, skill-focused design and adaptability for various treatment settings make them distinct and highly effective for recovery.

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## **Seeking Safety Worksheets: Your Guide to Trauma Recovery and Safety Planning**

Are you struggling with overwhelming emotions, flashbacks, or a sense of being constantly unsafe? Finding effective coping mechanisms after trauma can feel like navigating a minefield. This comprehensive guide explores the power of "Seeking Safety" worksheets, providing you with a practical understanding of their use and offering resources to help you build a stronger sense of safety and well-being. We'll delve into what these worksheets are, how they work, where to find them, and how to best utilize them in your journey toward recovery.

# What are Seeking Safety Worksheets?

Seeking Safety is a comprehensive treatment manual and workbook developed by Lisa Najavits, PhD, specifically designed to address the co-occurring issues of substance abuse and post-traumatic stress disorder (PTSD). However, its principles and accompanying worksheets are incredibly valuable for anyone seeking to improve their safety and emotional regulation, regardless of whether they have a substance abuse problem or a formal PTSD diagnosis. The worksheets focus on practical strategies for managing overwhelming emotions, improving coping skills, and building a stronger sense of safety in your life. They use a combination of cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) techniques, making them accessible and effective for a wide range of individuals.

## Key Components of Seeking Safety Worksheets:

The worksheets within the Seeking Safety curriculum cover a broad range of topics crucial for trauma recovery and building resilience. Some key areas addressed include:

### #### 1. Identifying and Managing Trauma Triggers:

These worksheets help you identify situations, people, places, or thoughts that trigger negative emotions or flashbacks. Once identified, you learn to develop coping strategies to manage these triggers effectively. This includes techniques like grounding exercises and mindfulness practices.

### #### 2. Developing Coping Mechanisms for Difficult Emotions:

Seeking Safety provides a toolbox of coping skills to manage intense emotions like anger, fear, and sadness. This may involve techniques such as deep breathing exercises, progressive muscle relaxation, and identifying healthy emotional outlets.

### #### 3. Building a Strong Support System:

The worksheets emphasize the importance of building a supportive network. This involves identifying trusted individuals you can turn to for help and support during challenging times. It also encourages the development of healthy relationships and boundary-setting skills.

### #### 4. Improving Self-Care Practices:

Self-care is essential for recovery. These worksheets guide you through establishing routines that promote physical and emotional well-being, such as regular sleep, healthy eating, and engaging in enjoyable activities.

### #### 5. Creating a Safety Plan:

A crucial component of Seeking Safety is creating a personalized safety plan. This involves identifying potential threats to your safety, developing strategies to avoid or manage these threats, and creating a list of emergency contacts and resources.

## Where to Find Seeking Safety Worksheets:

While the complete Seeking Safety manual is available for purchase, you can often find individual worksheets online through various mental health resources. However, it's crucial to approach online resources with caution, verifying their authenticity and source. It's always best to consult with a mental health professional who can guide you in selecting and utilizing the most appropriate worksheets for your specific needs.

## Utilizing Seeking Safety Worksheets Effectively:

The effectiveness of Seeking Safety worksheets relies on consistent effort and self-reflection. Here are some tips for maximizing their benefit:

**Start slowly:** Don't try to complete all the worksheets at once. Focus on one or two at a time, allowing yourself time to process the information and implement the strategies.

**Be honest with yourself:** The worksheets are designed to promote self-awareness. Be honest about your thoughts, feelings, and experiences.

**Seek professional guidance:** While the worksheets are self-guided, a therapist can offer valuable support and guidance in interpreting your responses and developing personalized strategies.

**Practice regularly:** The skills learned through Seeking Safety require practice. Regularly review and utilize the coping mechanisms and strategies outlined in the worksheets.

**Be patient:** Recovery is a journey, not a destination. Be patient with yourself and celebrate your progress along the way.

## Conclusion:

Seeking Safety worksheets offer a valuable tool for individuals seeking to improve their safety and emotional regulation. By addressing trauma triggers, developing coping mechanisms, and building a strong support system, these worksheets can significantly contribute to your journey toward healing and well-being. Remember to consult with a mental health professional to ensure you're using these resources appropriately and to receive personalized support.

## Frequently Asked Questions (FAQs):

1. Are Seeking Safety worksheets suitable for everyone? While widely beneficial, the worksheets are most effective when used under the guidance of a mental health professional, especially if you're dealing with complex trauma or co-occurring disorders.

2. Can I use these worksheets anonymously? The worksheets themselves are for personal use and do not require personal identifying information. However, seeking professional guidance often involves sharing personal details with a therapist.

3. Are there specific worksheets for children or adolescents? While the original Seeking Safety manual targets adults, adapted versions or similar programs exist for younger populations. Consult with a child or adolescent therapist for appropriate resources.

4. How long does it typically take to complete all the Seeking Safety worksheets? The timeframe varies greatly depending on individual needs and pace. Some may complete them in weeks, while others may take months.

5. Are Seeking Safety worksheets covered by insurance? Insurance coverage depends on your plan and provider. It's best to check with your insurance company to determine coverage for therapy sessions incorporating Seeking Safety techniques.

**seeking safety worksheets:** Seeking Safety Lisa M. Najavits, 2021-05-07 This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety--to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach safe coping skills that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. The volume is designed for maximum ease of use with a large-size format and helpful reproducible therapist sheets and handouts, which purchasers can also download and print at the companion webpage. See also the author's self-help guide *Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both*, an ideal client recommendation.

**seeking safety worksheets:** *Posttraumatic Stress and Substance Use Disorders* Anka A. Vujanovic, Sudie E. Back, 2019-04-23 *Posttraumatic Stress and Substance Use Disorders* summarizes the state of the field from a biopsychosocial perspective, addressing key domains of interest to clinicians, students, instructors, and researchers. This book is a valuable resource and reference guide for multidisciplinary practitioners and scientists interested in the evidence-based assessment and treatment of posttraumatic stress and substance use disorders. Chapters written by leaders in the field cover the latest research on assessment, diagnosis, evidence-based treatments, future directions, and much more.

**seeking safety worksheets: Cognitive Processing Therapy for PTSD** Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2016-12-26 The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment's developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients. The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD.

**seeking safety worksheets: A Woman's Addiction Workbook** Lisa Najavits, 2002 Women and girls are now becoming addicted at greater rates than ever before, and until very recently women in recovery were dependent on treatment models based solely on work with men. Harvard addiction and trauma expert Lisa M. Najavits offers this step-by-step program to help women overcome the often-overlooked problems associated with their drug and alcohol addictions, such as body image, trauma and violence, relationships, stress, and thrill-seeking. She explores how women differ from men in their addiction and recovery, and adapts this information to help you embark on your journey to healing. A chapter on co-occurring emotional problems allows you to evaluate whether you have any of the key disorders common among women with addiction, such as depression, post-traumatic stress, eating disorders, or phobias. With this strengths-building workbook, begin to come to terms with your personal addiction story. Healing exercises in four areas--feelings, beliefs, action, and relationships--help women build self-respect. Exercises include Listen to That Small Quiet Voice, Extreme Self-Care, Self-Soothing, Become Friends with Women, Rethink, Take Charge, Share Responsibility, and Mourn. In addition to these exercises and techniques, the book offers valuable resources of recovery support information.

**seeking safety worksheets: Anger Management for Substance Abuse and Mental Health Clients** Patrick M. Reilly, 2002

**seeking safety worksheets: The Anxiety and Worry Workbook** David A. Clark, Aaron T. Beck, 2023-02-24 If you are seeking lasting relief from out-of-control anxiety, this is the book for you. It is grounded in cognitive behavior therapy (CBT), the proven treatment approach developed and tested over decades by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow expert David A. Clark put the tools and techniques of CBT at your fingertips in this compassionate guide. Carefully crafted worksheets (additional copies can be downloaded and printed as needed), exercises, and examples reflect the authors' wealth of experience. Learn practical strategies for identifying anxiety triggers, challenging the thoughts and beliefs that lead to distress, safely facing feared situations, and truly loosening anxiety's grip--one manageable step at a time. Updated throughout, the second edition includes evaluation exercises that help you get to know your anxiety; up-to-date information about panic attacks, social anxiety, and other topics; additional graphics; and new troubleshooting tips and tools for success.

**seeking safety worksheets: DBT Skills Training Handouts and Worksheets** Marsha M. Linehan, 2014-10-28 Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8 1/2 x 11 format and spiral binding facilitate photocopying. Purchasers also get access to a webpage where they can download and print additional copies of the handouts and worksheets. Mental health professionals, see also the author's DBT Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and Linehan's instructive skills training DVDs for clients--Crisis Survival Skills: Part One and This One Moment.

**seeking safety worksheets: A Volcano in My Tummy** Eliane Whitehouse, Warwick Pudney, 1996-01-01 A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this

accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development. Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, *A Volcano in My Tummy* gives us the tools we need to put aside our problems with this all-too-often destructive emotion, and to have fun while we're at it. Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader of parenting skills workshops for eight years. Warwick Pudney is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

**seeking safety worksheets: The Teen Relationship Workbook** Kerry Moles, 2001 This workbook is for therapists, counselors, and other professionals working with young people to prevent or end relationship abuse. Designed to teach teens to recognize the warning signs in relationship abuse and develop skills for healthy relationships.

**seeking safety worksheets: Compassion Focused Therapy** Paul Gilbert, 2010-04-16 Research into the beneficial effect of developing compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) - a process of developing compassion for the self and others to increase well-being and aid recovery - varies from other forms of Cognitive Behaviour Therapy. Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts - Theory and Compassion Practice - this concise book provides a clear guide to the distinctive characteristics of CFT. Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

**seeking safety worksheets: The Happiness Trap** Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

**seeking safety worksheets: Exposure Therapy for Anxiety** Jonathan S. Abramowitz, Brett J. Deacon, Stephen P. H. Whiteside, 2019-04-09 Now revised and expanded to include cutting-edge acceptance-based techniques and a new focus on inhibitory learning, this is the leading guide to therapeutic exposure, a crucial element of evidence-based psychological treatments for anxiety. The book helps the clinician gain skills and confidence for implementing exposure successfully and tailoring interventions to each client's needs, regardless of diagnosis. The theoretical and empirical bases of exposure are reviewed and specialized assessment and treatment planning techniques are described. User-friendly features include illustrative case examples, sample treatment plans, ideas for exercises targeting specific types of fears, and reproducible handouts and forms that can be

downloaded and printed in a convenient 8½ x 11 size. New to This Edition \*Chapter on acceptance and commitment therapy (ACT) techniques. \*Reflects a shift in the field toward inhibitory learning--helping clients learn to tolerate anxiety and uncertainty to maximize long-term outcomes. \*Chapter on uses of technology, such as computer-based therapy and virtual reality tools. \*Conceptual, empirical, and clinical advances woven throughout. See also the related client recommendation, *The Anxiety and Worry Workbook, Second Edition*, by David A. Clark and Aaron T. Beck.

**seeking safety worksheets: Breaking Negative Thinking Patterns** Gitta Jacob, Hannie van Genderen, Laura Seebauer, 2015-03-16 *Breaking Negative Thinking Patterns* is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour. Represents the first resource for general readers on the mode approach to schema therapy Features a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patterns Offers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex difficulties typically tackled with schema therapy Includes original illustrations that demonstrate the modes and approaches in action, along with 20 self-help mode materials which are also available online Written by authors closely associated with the development of schema therapy and the schema mode approach

**seeking safety worksheets: Behavioral Couples Therapy for Alcoholism and Drug Abuse** Timothy J. O'Farrell, William Fals-Stewart, 2012-03-12 This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. In a convenient large-size format, the book provides all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters.

**seeking safety worksheets: Anxiety Relief for Kids** Bridget Flynn Walker, 2017-11-01 "Just what the doctor ordered! A clear, concise, and practical guide to help parents help their children master their anxieties." —Laurel J. Schultz, MD, MPH, community pediatrician at Golden Gate Pediatrics If you have a child with anxiety, you need quick, in-the-moment solutions you can easily use now to help your child face their fears and worries. Written by a psychologist and expert in childhood anxiety, this easy-to-use guide offers proven-effective cognitive behavioral therapy (CBT) and exposure skills you can use at home, in social settings, or anywhere anxiety takes hold. *Anxiety Relief for Kids* provides quick solutions based in evidence-based CBT and exposure therapy—two of the most effective treatments for anxiety disorders. You'll find a background and explanation of the different types of anxiety disorders, in case you aren't sure whether or not your child has one. You'll also learn to identify your child's avoidant and safety behaviors—the strategies your child uses to cope with their anxiety, such as repeatedly checking their homework or asking the same questions repeatedly—as well as anxiety triggers that set your child off. With this book, you'll find a wealth of information regarding your child's specific anxiety disorder and how to respond to it. For example, if your child has obsessive compulsive disorder (OCD), the skills you use to help them are different than other anxiety disorders. No matter your child's specific symptoms or diagnosis, you'll discover tailored interventions you can use now to help your child thrive. If your child has an anxiety disorder, simple, everyday activities can be a real challenge. The practical solutions in this book will help you deal with your child's anxiety when it happens and restore balance and order to both your lives. What readers are saying: "I was surprised to learn how much of what I was doing as a parent was exacerbating (and not helping) our son's anxiety." —Kath "This book does such a great job of explaining what anxiety is, the range of ways it can show up in kids (and/or adults) and how you can

get it under control. ... The guidance laid out is priceless and will be beneficial to anyone suffering from anxiety.” — Jennifer “This is a very practical and informative book that will guide parents in helping their children suffering from anxiety or worry. ... Cognitive behavioral therapy is the backbone of Dr. Walker's approach and she makes the approach clear and accessible to non-professionals. A great addition to any parent’s bookshelf!” — Michael This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation— an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

**seeking safety worksheets: The Finding Solid Ground Program Workbook** Hugo J. Schielke, Bethany L. Brand, Ruth A. Lanius, 2022 Grounding is a recovery-focused skill that offers powerful help towards managing and reducing symptoms related to trauma, including feeling too much or too little--

**seeking safety worksheets: I Thought It Was Just Me (but it Isn't)** Brené Brown, 2008 First published in 2007 with the title: I thought it was just me: women reclaiming power and courage in a culture of shame.

**seeking safety worksheets: Helping Children Affected by Parental Substance Abuse** Tonia Caselman, 2015-05-21 This practical resource provides a wealth of activities and photocopiable worksheets to use with children and young people affected by parental substance misuse. Children living in substance abusing homes are at risk of many different negative outcomes, such as behavioral problems, low academic achievement, depression and anxiety, low self-esteem, as well as self-blame for their parent's substance abuse. The activities and worksheets in this book have been designed to assist counselors, therapists and other professionals to facilitate group sessions for children of addicted parents. Each chapter reviews a different issue related to children living in substance abusing homes, and gives step-by-step instructions for leading a group session, accompanied by the latest research and suggestions for discussions based on best practices. Children will learn to reduce feelings of shame and isolation, better understand the nature of addiction, increase self-care and create healthy interactions. This is an essential resource for professionals working with children affected by parental substance misuse, including counselors, child psychologists, therapists, and youth workers.

**seeking safety worksheets: Trauma Recovery and Empowerment** Maxine Harris, 1998-09 This one-of-a-kind guide serves as a rich and essential resource for mental health professionals working with women whose lives have been shattered by the trauma of sexual, physical, or emotional abuse. The book presents a practical, step-by-step guide to implementing a group recovery program for female trauma survivors.

**seeking safety worksheets: The Queer and Transgender Resilience Workbook** Anneliese A. Singh, 2018-02-02 How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages, handle stress, build a community of support, and embrace your true self. Resilience is a key ingredient for psychological health and wellness. It’s what gives people the psychological strength to cope with everyday stress, as well as major setbacks. For many people, stressful events may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. But if you are queer or gender non-conforming, life stresses may also include discrimination in housing and health care, employment barriers, homelessness, family rejection, physical attacks or threats, and general unfair treatment and oppression—all of which lead to overwhelming feelings of hopelessness and powerlessness. So, how can you gain resilience in a society that is so often toxic and unwelcoming? In this important workbook, you’ll discover how to cultivate the key components of resilience: holding a positive view of yourself and your abilities; knowing your worth and cultivating a strong sense of self-esteem; effectively utilizing resources; being assertive and creating a support

community; fostering hope and growth within yourself, and finding the strength to help others. Once you know how to tap into your personal resilience, you'll have an unlimited well you can draw from to navigate everyday challenges. By learning to challenge internalized negative messages and remove obstacles from your life, you can build the resilience you need to embrace your truest self in an imperfect world.

**seeking safety worksheets: *Aggression Replacement Training*** Arnold P. Goldstein, Barry Glick, John C. Gibbs, 1998 Aggression Replacement Training (ART) is an intervention program designed to teach adolescents to understand and replace aggression and antisocial behaviour with positive alternatives. The program's three-part approach includes training in prosocial skills, anger control, and moral reasoning. The manual includes summaries of ART's outcome evaluations and discusses a wide range of applications in schools and other settings. Appendices contain over 100 pages of guidelines and checklists.

**seeking safety worksheets: *ACT with Love*** Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of ACT with Love, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. ACT with Love will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

**seeking safety worksheets: *Group Trauma Treatment in Early Recovery*** Judith Lewis Herman, Diya Kallivayalil, and Members of the Victims of Violence Program, 2018-09-28 Infused with clinical wisdom, this book describes a supportive group treatment approach for survivors just beginning to come to terms with the impact of interpersonal trauma. Focusing on establishing safety, stability, and self-care, the Trauma Information Group (TIG) is a Stage 1 approach within Judith Herman's influential stage model of treatment. Vivid sample transcripts illustrate ways to help group participants deepen their understanding of trauma, build new coping skills, and develop increased compassion for themselves and for one another. In a large-size format for easy photocopying, the volume provides everything needed to implement the TIG, including session-by-session guidelines and extensive reproducible handouts and worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials from the book, as well as an online-only set of handouts and worksheets in Spanish. See also *The Trauma Recovery Group*, by Michaela Mendelsohn, Judith Lewis Herman, et al., which presents a Stage 2 treatment approach for clients who are ready to work on processing and integrating traumatic memories.

**seeking safety worksheets: *TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)*** U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in

collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

**seeking safety worksheets: A Long Way Gone** Ishmael Beah, 2007-02-13 My new friends have begun to suspect I haven't told them the full story of my life. "Why did you leave Sierra Leone?" "Because there is a war." "You mean, you saw people running around with guns and shooting each other?" "Yes, all the time." "Cool." I smile a little. "You should tell us about it sometime." "Yes, sometime." This is how wars are fought now: by children, hopped-up on drugs and wielding AK-47s. Children have become soldiers of choice. In the more than fifty conflicts going on worldwide, it is estimated that there are some 300,000 child soldiers. Ishmael Beah used to be one of them. What is war like through the eyes of a child soldier? How does one become a killer? How does one stop? Child soldiers have been profiled by journalists, and novelists have struggled to imagine their lives. But until now, there has not been a first-person account from someone who came through this hell and survived. In *A Long Way Gone*, Beah, now twenty-five years old, tells a riveting story: how at the age of twelve, he fled attacking rebels and wandered a land rendered unrecognizable by violence. By thirteen, he'd been picked up by the government army, and Beah, at heart a gentle boy, found that he was capable of truly terrible acts. This is a rare and mesmerizing account, told with real literary force and heartbreaking honesty.

**seeking safety worksheets: Group Treatment for Substance Abuse, Second Edition** Mary Marden Velasquez, Cathy Crouch, Nanette Stokes Stephens, Carlo C. DiClemente, 2015-10-22 The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition \*Reflects significant developments in research and clinical practice. \*Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. \*Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. \*41 of the 58 handouts are new or revised; all are now downloadable. See also *Substance Abuse Treatment and the Stages of Change, Second Edition*, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

**seeking safety worksheets: Option B** Sheryl Sandberg, Adam Grant, 2017-04-24 #1 NEW YORK TIMES BEST SELLER • From authors of *Lean In* and *Originals*: a powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in 'the void,'" she writes, "a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe." Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build. *Option B* combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But *Option B* goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy. Resilience comes from deep

within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. Option B illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead. Two weeks after losing her husband, Sheryl was preparing for a father-child activity. "I want Dave," she cried. Her friend replied, "Option A is not available," and then promised to help her make the most of Option B. We all live some form of Option B. This book will help us all make the most of it.

**seeking safety worksheets: Experiencing Schema Therapy from the Inside Out** Joan M. Farrell, Ida A. Shaw, 2018-01-01 This unique resource helps therapists build their skills in schema therapy (ST) by applying ST techniques to themselves and reflecting on the experience. Designed for use by individuals or groups, the book harnesses the power of self-practice/self-reflection (SP/SR), an evidence-based training strategy. Twenty modules take therapists step by step through using ST to address a professional or personal problem--from establishing safety and creating a self-conceptualization to implementing mode change work, including cognitive, experiential, and behavioral pattern-breaking interventions. In a convenient large-size format, the book is illustrated with vivid therapist examples and features numerous reproducible worksheets and forms for doing the SP/SR exercises. Purchasers get access to a Web page where they can download and print the reproducible materials.ÿ ÿ

**seeking safety worksheets: Dare to Lead** Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read Daring Greatly and Rising Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

**seeking safety worksheets: Trauma and Substance Abuse** Paige Ouimette, Pamela J. Brown, 2003 Trauma and Substance Abuse explores the underrecognized connection between trauma,

substance use, and posttraumatic stress disorder (PTSD). Patients with trauma related distress such as PTSD often have comorbid substance use disorders (SUDs). This book presents cutting-edge research on how often the two disorders co-occur and why. Authors describe models of comorbidity and explore how specific PTSD and substance use symptoms are functionally related to each other. In addition, they suggest assessment approaches and practice guidelines to facilitate proper diagnosis and treatment. Particularly valuable are descriptions of several new treatment approaches that have been developed specifically for PTSD-SUD, including cognitive-behavioral and exposure therapy. This is the first book to evaluate and synthesize the two fields of PTSD and substance use disorder research and treatment. This volume is indispensable for researchers and clinicians seeking a full understanding of the etiology, assessment, and treatment of this challenging dual diagnosis.

**seeking safety worksheets:** Treating Health Anxiety and Fear of Death Patricia Furer, John R. Walker, Murray B. Stein, 2007-03-07 Contemporary culture includes a high awareness of personal and global health hazards. Many people may feel some anxiety in this regard, but some develop an unbearable sense of dread that prevents them from functioning. Treating Health Anxiety gives prescribing and non-prescribing clinicians, as well as the counselors and social workers who encounter the problem, the tools to reduce both the fears and the medical costs that so often accompany them.

**seeking safety worksheets:** *The Moral Injury Workbook* Wyatt R. Evans, Robyn D. Walser, Kent D. Drescher, Jacob K. Farnsworth, 2020-06-01 Introducing the first self-help workbook for moral injury, featuring a powerful approach grounded in acceptance and commitment therapy (ACT) to help you heal in the midst of moral pain and connect with a deeper sense of meaning and purpose. If you've experienced, witnessed, or failed to prevent an act that violates your own deeply held values—such as harming someone in an automobile accident, or failing to save someone from a dangerous situation—you may suffer from moral injury, an enduring psychological and spiritual pain that is often accompanied by post-traumatic stress disorder (PTSD), depression, substance abuse, and other mental health conditions. In order to begin healing, you need to (re)connect with your values and what really matters to you as a human being. Written by a renowned team of PTSD and trauma professionals, this workbook can help. The Moral Injury Workbook is the first workbook of its kind to offer a powerful step-by-step program to help you move beyond moral pain. With this guide, you'll learn to work through difficult thoughts, emotions, and spiritual troubles; (re)connect with your deeply held sense of self, values, or spiritual beliefs; and gain the psychological flexibility you need to begin healing and live a full and meaningful life. Links to downloadable worksheets for veterans and clinicians are also included. Whether you've experienced moral injury yourself, work in the field of mental health, or are a pastoral advisor seeking new ways to help facilitate moral healing, this workbook is an effective and much-needed resource.

**seeking safety worksheets: Difficult Conversations** Douglas Stone, Bruce Patton, Sheila Heen, 2023-08-22 The 10th-anniversary edition of the New York Times business bestseller-now updated with Answers to Ten Questions People Ask We attempt or avoid difficult conversations every day-whether dealing with an underperforming employee, disagreeing with a spouse, or negotiating with a client. From the Harvard Negotiation Project, the organization that brought you Getting to Yes, Difficult Conversations provides a step-by-step approach to having those tough conversations with less stress and more success. you'll learn how to: · Decipher the underlying structure of every difficult conversation · Start a conversation without defensiveness · Listen for the meaning of what is not said · Stay balanced in the face of attacks and accusations · Move from emotion to productive problem solving

**seeking safety worksheets: What is Narrative Therapy?** Alice Morgan, 2000 This best-selling book is an easy-to-read introduction to the ideas and practices of narrative therapy. It uses accessible language, has a concise structure and includes a wide range of practical examples. What Is Narrative Practice? covers a broad spectrum of narrative practices including externalisation, re-membering, therapeutic letter writing, rituals, leagues, reflecting teams and much more. If you are a therapist, health worker or community worker who is interesting in applying

narrative ideas in your own work context, this book was written with you in mind.

**seeking safety worksheets: Treatment Strategies for Substance Abuse and Process Addictions** Robert L. Smith, 2015-03-05 This distinctive and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence-based treatment strategies. Major substance addictions discussed include alcohol, tobacco, marijuana, methamphetamines, and prescription drugs. Complete chapters are also devoted to the most frequently cited process addictions, making this text unique. Behavioral addictions covered in this text include pathological gambling, sex disorders, disordered eating, work, exercise, shopping, and Internet/gaming. Each chapter contains a listing of student learning outcomes, a case study with reflective questions, techniques for assessment and diagnosis, inpatient and outpatient treatment approaches, and resources for further study. With its emphasis on treatment strategies, this text can be used by practitioners as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies. \*Requests for digital versions from the ACA can be found on wiley.com. \*To request print copies, please visit the ACA website here. \*Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

**seeking safety worksheets: The Millionaire Real Estate Agent** Gary Keller, Dave Jenks, Jay Papasan, 2004-04-01 Take your real estate career to the highest level! Whether you are just getting started or a veteran in the business, The Millionaire Real Estate Agent is the step-by-step handbook for seeking excellence in your profession and in your life. --Mark Victor Hansen, cocreator, #1 New York Times bestselling series Chicken Soup for the Soul This book presents a new paradigm for real estate and should be required reading for real estate professionals everywhere. --Robert T. Kiyosaki, New York Times bestselling author of Rich Dad, Poor Dad The Millionaire Real Estate Agent explains: Three concepts that drive production Economic, organizational, and lead generation models that are the foundations of any high-achiever's business How to Earn a Million, Net a Million, and Receive a Million in annual income

**seeking safety worksheets: The Narcotics Anonymous Step Working Guides** , 1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

**seeking safety worksheets: School, Family, and Community Partnerships** Joyce L. Epstein, Mavis G. Sanders, Steven B. Sheldon, Beth S. Simon, Karen Clark Salinas, Natalie Rodriguez Jansorn, Frances L. Van Voorhis, Cecelia S. Martin, Brenda G. Thomas, Marsha D. Greenfeld, Darcy J. Hutchins, Kenyatta J. Williams, 2018-07-19 Strengthen programs of family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, the fourth edition of the bestseller School, Family, and Community Partnerships: Your Handbook for Action, presents tools and guidelines to help develop more effective and more equitable programs of family and community engagement. Written by a team of well-known experts, it provides a theory and framework of six types of involvement for action; up-to-date research on school, family, and community collaboration; and new materials for professional development and on-going technical assistance. Readers also will find: Examples of best practices on the six types of involvement from preschools, and elementary, middle, and high schools Checklists, templates, and evaluations to plan goal-linked partnership programs and assess progress CD-ROM with slides and notes for two presentations: A new awareness session to orient colleagues on the major components of a research-based partnership program, and a full One-Day Team Training Workshop to prepare school teams to develop their partnership programs. As a foundational text, this handbook demonstrates a proven approach to implement and sustain inclusive, goal-linked programs of partnership. It shows how a good partnership program is an essential component of good school organization and school improvement for student success. This

book will help every district and all schools strengthen and continually improve their programs of family and community engagement.

**seeking safety worksheets:** Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

**seeking safety worksheets: The Body Keeps the Score** Bessel A. Van der Kolk, 2015-09-08 Originally published by Viking Penguin, 2014.

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