



Warrington & Cheshire East Counselling

Karen Moore
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Date and Time	Situation Disagreement with manager	Thoughts I am going to lose my temper. 0-100%	Emotions/Feelings Heart racing, anxiety 0-10	Behaviour Cannot settle.

Sutton House, 27 Wilson Patten Street, Warrington, WA1 1PG - 07890 295710
Diploma in Person Centred Counselling and Mindfulness
Registered member of the BACP