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Tina worried about many things, such as contracting illnesses from classmates, world events in the news, being on time for scheduled activities, getting everything right



at school, and her mother forgetting to pick her up as planned (which had never happened). She complained daily of stomachaches, headaches, and neck and leg pain. She picked at her cuticles, and had difficulty falling asleep because of worrying. She often went to her parents in the middle of the night because of a nightmare or physical complaint. Tina had always been anxious and nervous and needed constant reassurance.

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