

## AUDIO 1 - SOS “Ça monte maintenant”

[https://drive.google.com/file/d/1by2IHArko4GUMO7mYagh2cKYiPD36DsB/view?usp=drive\\_link](https://drive.google.com/file/d/1by2IHArko4GUMO7mYagh2cKYiPD36DsB/view?usp=drive_link)

## AUDIO 2 - Crise en public

[https://drive.google.com/file/d/1Szs1mKKZNqPp1QwPOEUCiHuaBE\\_re1Q/view?usp=drive\\_link](https://drive.google.com/file/d/1Szs1mKKZNqPp1QwPOEUCiHuaBE_re1Q/view?usp=drive_link)

## AUDIO 3 - Après la crise : "je redescends complètement"

[https://drive.google.com/file/d/1tvtT5D2XjwltPG6GNbNGOgHzmtHBmolt/view?usp=drive\\_link](https://drive.google.com/file/d/1tvtT5D2XjwltPG6GNbNGOgHzmtHBmolt/view?usp=drive_link)

## AUDIO 4 - Crise la Nuit : peur de dormir / réveil panique

[https://drive.google.com/file/d/15T0pv\\_w66nkKFRWA-qw\\_UsvBiW9GIKH9/view?usp=drive\\_link](https://drive.google.com/file/d/15T0pv_w66nkKFRWA-qw_UsvBiW9GIKH9/view?usp=drive_link)

## AUDIO 5 - Crises : pensées catastrophiques

[https://drive.google.com/file/d/1Epa8R1COKJaD7geZJ0uWwBz0vhlzppcg/view?usp=drive\\_link](https://drive.google.com/file/d/1Epa8R1COKJaD7geZJ0uWwBz0vhlzppcg/view?usp=drive_link)