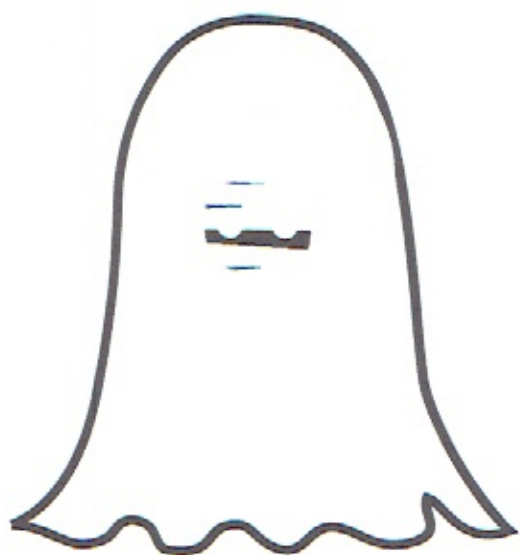


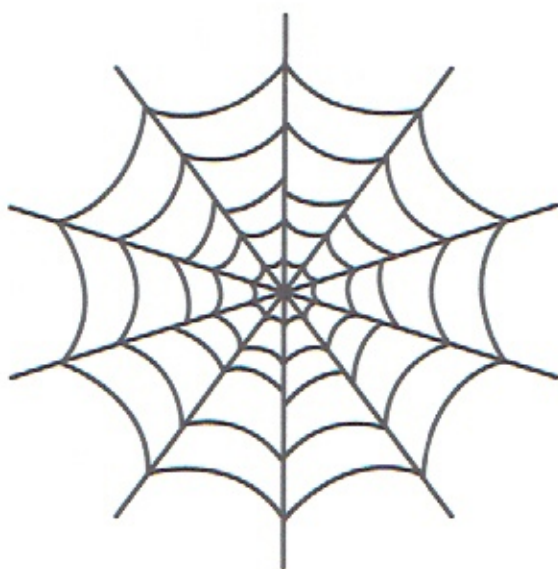
Anxious Thoughts

Misperceived threat of danger combined
with belief you will have no control.



**Perceived
Threat**

Assume
something
or someone
is going to
hurt you.



Helplessness

Assume you
will have no
way to protect
yourself.

ANXIETY

What Causes My Anxiety:

My Anxious Thoughts:



The Consequences:

What Happens
In My Body:



What I Do When Anxious:

CHALLENGE ANXIOUS THOUGHTS

Question the thought and prepare with a back up plan.

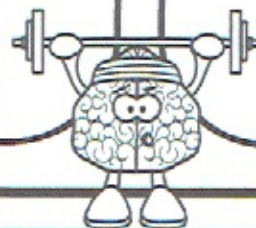


Assumed Threat
What do I think will hurt me?



No Control ASSumption
Why I can protect myself.

Why am I not really in danger?



How I can really protect myself?

CHALLENGE ANXIOUS THOUGHTS

Question the thought and prepare with a back up plan.



1

What I am scared will happen?

2

Why I believe I can't protect myself.

3

Why I am not in real danger.

4

What I can do to protect myself?

5

What is a more helpful thought now?

Even though _____

(number 1 and 2)

The truth is _____

(number 3 and 4)



CHALLENGE ANXIOUS THOUGHTS

Question the thought and prepare with a back up plan.

1

EXAMPLE

2

What I am scared will happen?
"I am scared I will forget the answers for the test. I am worried my parents will yell at me at me"

Why I think I can't handle it?
"I forget a lot when I am nervous, and I can't handle my parents being upset."

3

Why I am not in real danger?
"I have studied hard for this test. The worst case is I do not pass it and my parents are upset with me. I can survive this."

4

What I can do to protect myself?
"I can use helpful self talk to remind me I am capable of remembering when I am calm. I can let my parents know I am worried and need help. I can let my parents know I am worried about their reaction and needing them to be patient with me."

5

What is a more helpful thought now?

Even though I am scared I will forget the answers, fail the test, and my parents will yell at me,

The truth is I have studied hard for this test. I need to remind myself that I am capable when I am calm. I know my parents will help if I ask for it.

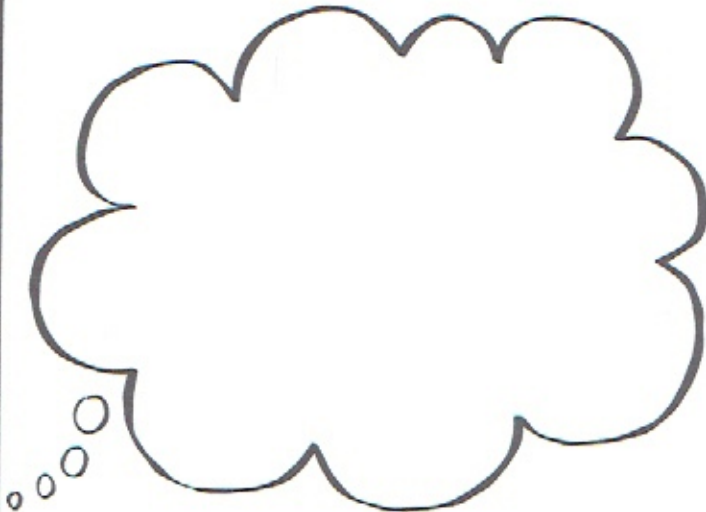


ANXIETY SELF-CARE PLAN

My relaxation tools:

- Deep breathing
- Yoga
- Guided imagery
- Progressive muscle relaxation
- Exercise
- Mindfulness
-
-

Helpful Self-Talk:




My Self-Care Plan:

How I will refocus
my attention:

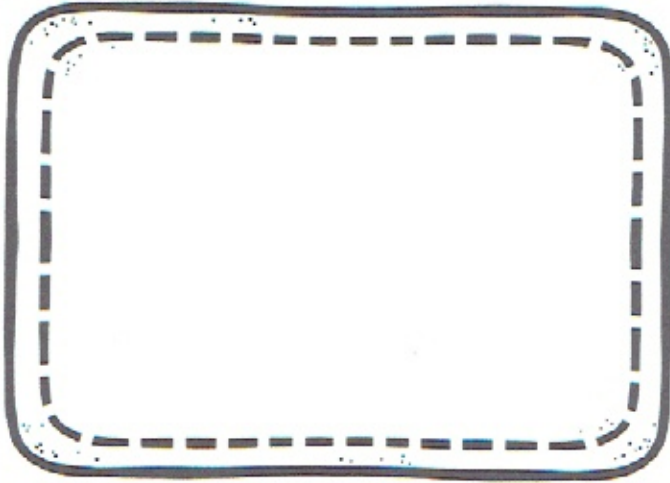
Benefits of Self-Care:

Noticing the thoughts we have about ourselves is important so we can replace them with ones that are uplifting and kind towards ourselves. Fill out the chart below.

Negative thoughts I have about myself:	Positive thoughts I could replace it with:
I am not smart	There are a few things I don't understand yet, but that doesn't mean I'm not smart
	

SADNESS

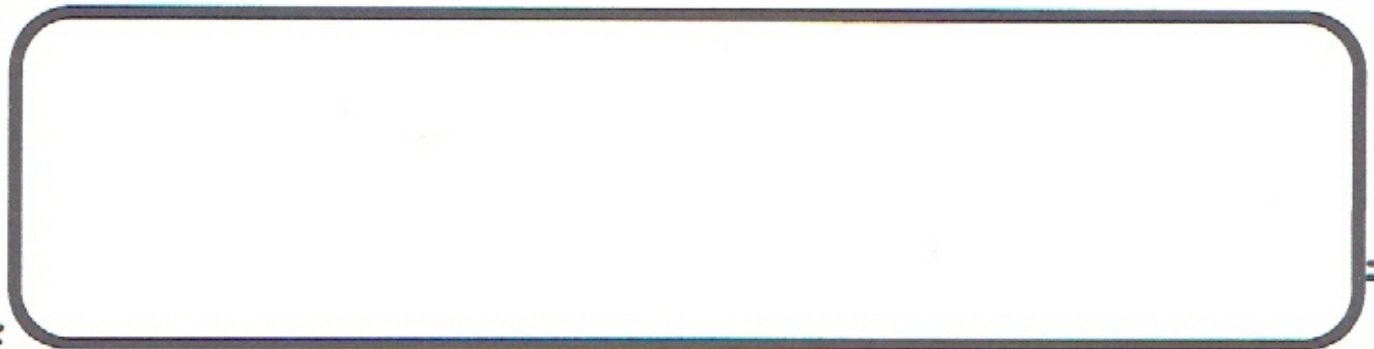
What Causes My Sadness:



My Sad Thoughts:



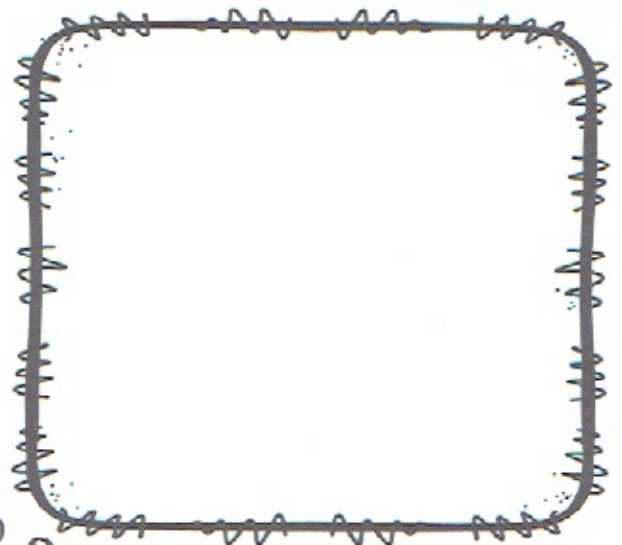
My Self-Care Plan:



What Happens
In My Body:

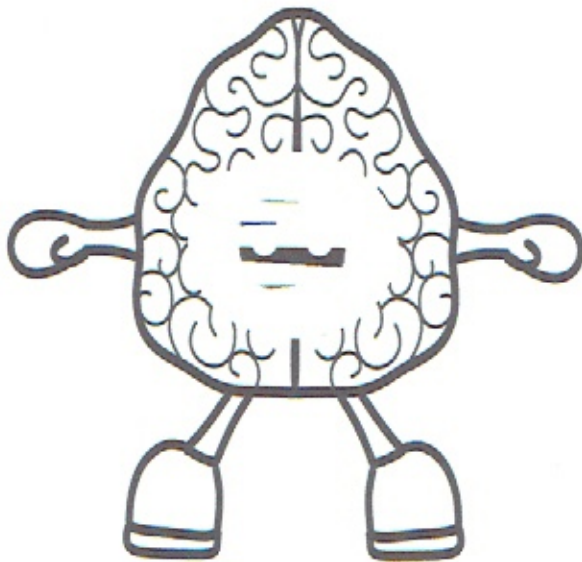


What I Do When I'm Sad:



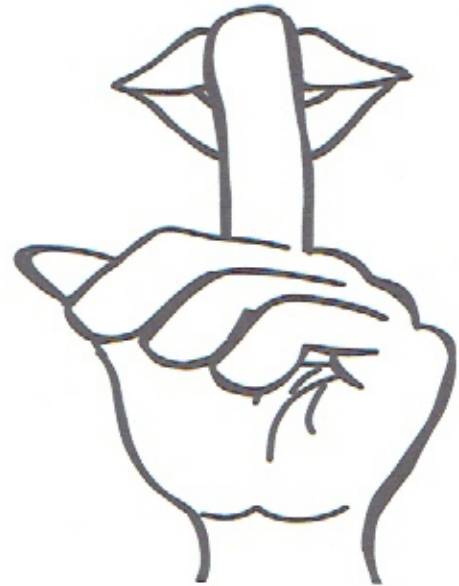
Depressed Thoughts

Exaggerated or Irrational beliefs that you keep to yourself.



Distorted Thoughts

An untrue negative way of looking at at yourself, other people, or your situations.

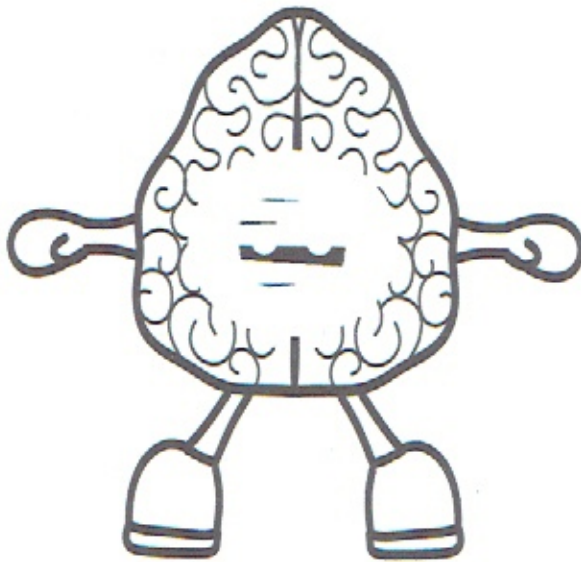


Keeping it Secret

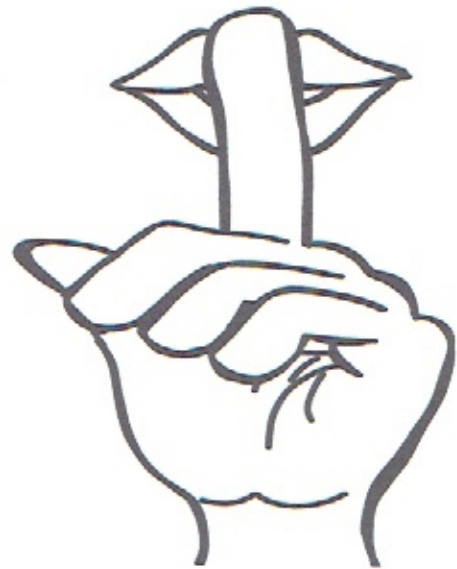
Hiding the negative thoughts to yourself.

Depressed Thoughts

Exaggerated or Irrational beliefs that you keep to yourself.



+

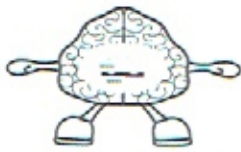


Distorted
Thought

Why I keep
it secret

CHALLENGE depressed THOUGHTS

Question the thoughts and express them to others.



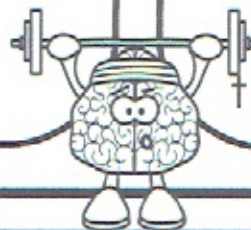
Distorted Thoughts

What is your unhelpful thought?

Keeping It Secret

Why do you keep it to yourself?

What is a more helpful thought?



Trusted supports to share my feelings.

CHALLENGE depressed THOUGHTS

Question the thoughts and express them with others.



1

What is an unhelpful thought?

2

Why I keep my thoughts to myself.

3

What is a more helpful thought?

4

Why it will help to talk?

5

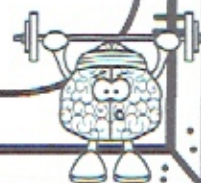
What is a more helpful thought now?

Even though _____

(number 1 and 2)

The truth is _____

(number 3 and 4)



CHALLENGE DEPRESSED THOUGHTS

Question the thoughts and express them with others.



1

EXAMPLE

2

What is an unhelpful thought?

"I am stupid at math."

Why I keep my thoughts secret.
"I don't tell my friends I think this way because I am scared they will not like me anymore."

3

What is a more helpful thought?

"I need to practice more math concepts."

4

Why it will help to talk?
"I may be able to get extra help and practice the math concepts."

5

What is a more helpful thought now?

Even though I feel stupid at math and worry
(numberland 2)

my friends won't like me,

The truth is if I left others know I feel
insecure in math they will help me.



SADNESS

SELF-CARE PLAN

My feeling expression tools:

- Journaling
- Art work
- Photography
- Dance
- Singing
- Talk it out

What I will do to improve my mood:

Helpful Self-Talk:

Benefits of Self-Care:

My Self-Care Plan:

CBT MODEL

Trigger



Thought

(distortion or misperception)



Behavior

(consequential action)



Feeling

(Physical or emotional)



Trigger

Going to school

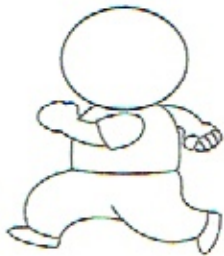
EXAMPLE



Thought

(distortion or misperception)

I am going to fail on my test.



Behavior

(consequential action)

Over study or
avoid studying.



Feeling

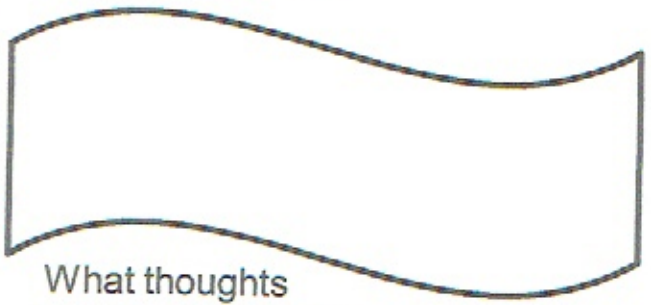
(Physical or emotional)

Anxious: Heart
racing, muscles
tense, lump in
throat.

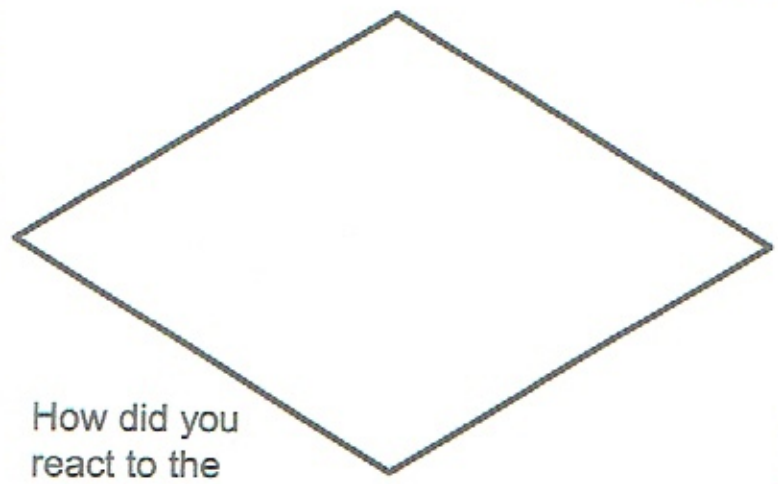
Think of a specific time when you felt anxious or sad and fill in the questions below...



What happened to make you feel anxious or sad?



What thoughts were you having?



How did you react to the situation?



What could you have done differently?