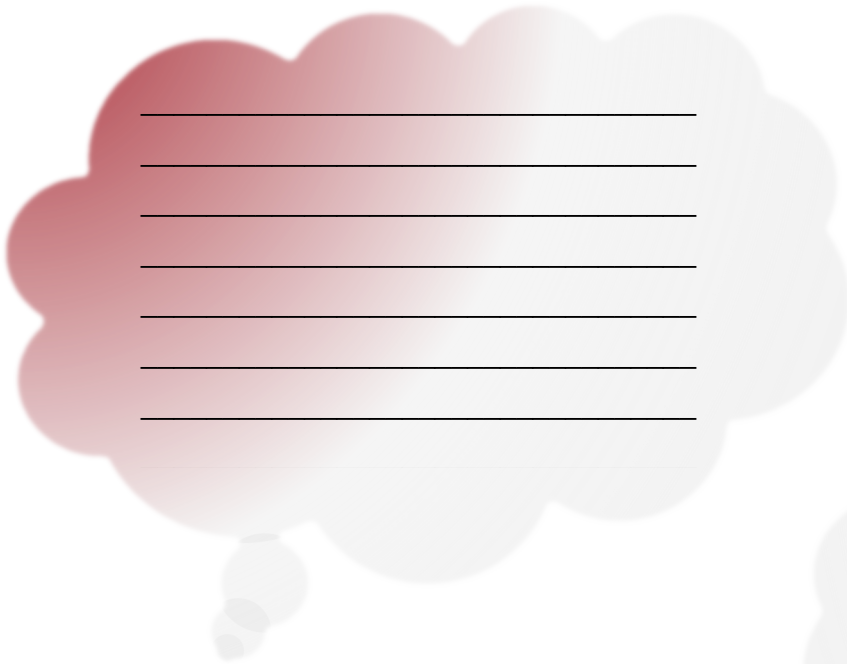


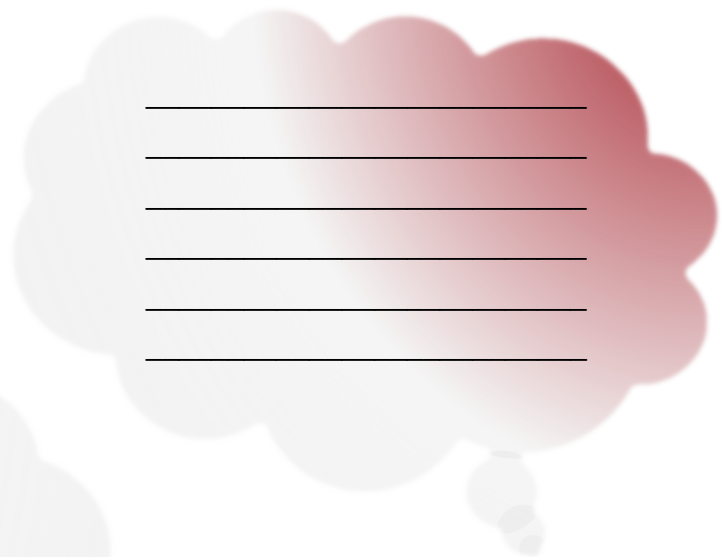
FEELING AFRAID OR SCARED

Name: _____

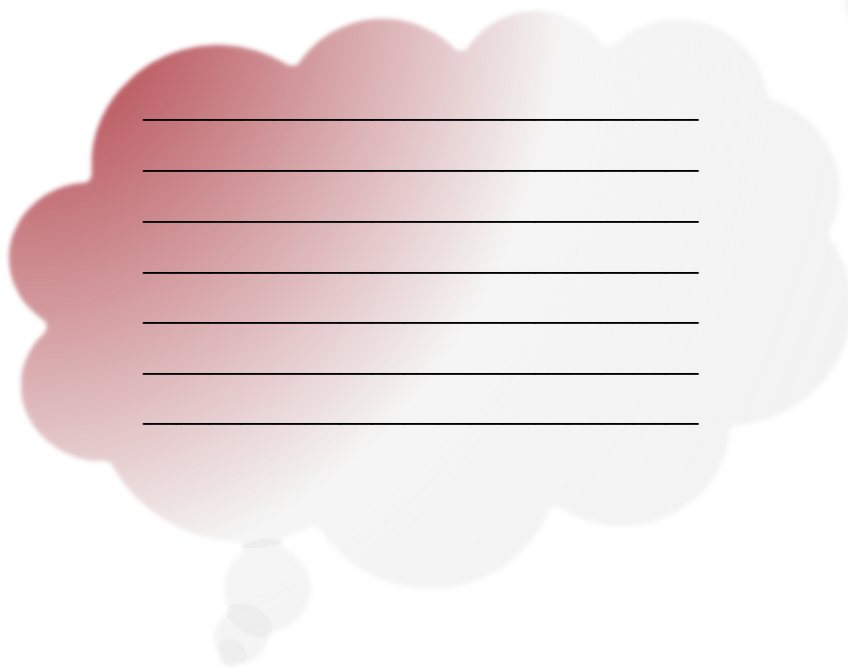
When I feel afraid or scared, these thoughts go through my head:



A thought bubble with a red-to-white gradient and a scalloped edge. It contains seven horizontal lines for writing.



A thought bubble with a red-to-white gradient and a scalloped edge. It contains five horizontal lines for writing.

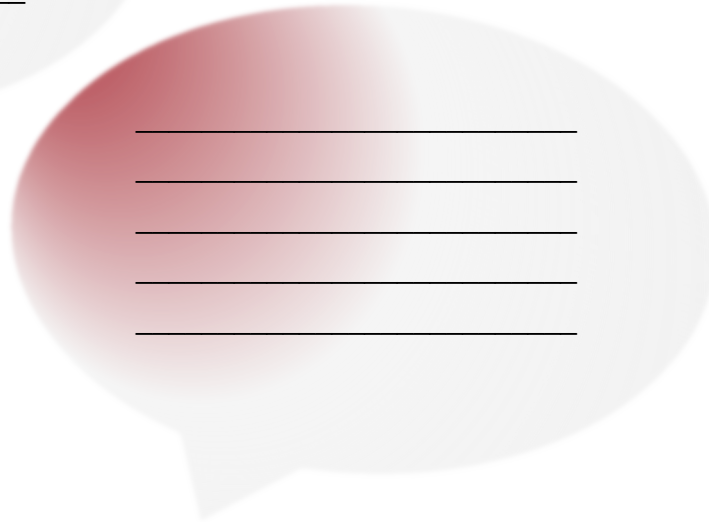


A thought bubble with a red-to-white gradient and a scalloped edge. It contains seven horizontal lines for writing.

Name: _____

When I feel afraid or scared, I say these things to myself:





While I feel afraid or scared, this is what I do:

Does this coping strategy make it better or worse? How do you know?

Would you consider this a healthy coping strategy?

PEOPLE CAN GET UPSET IN THEIR BODIES

Name: _____

Place an X on the places that felt bad or different the last time you felt AFRAID or SCARED.

