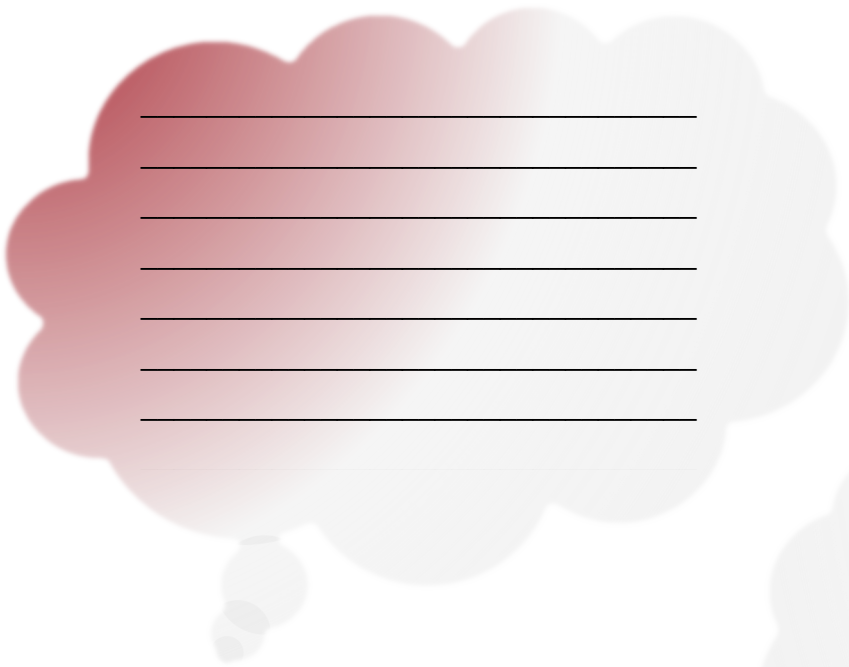


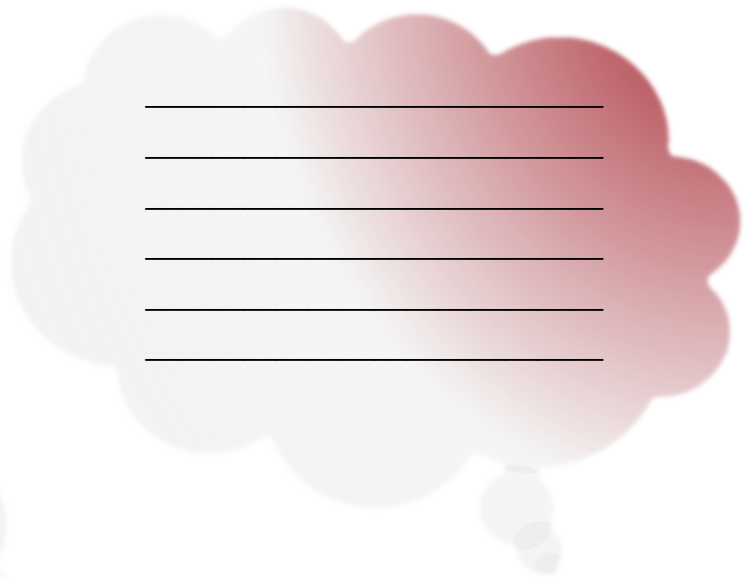
DEALING WITH MY WORRY AND FEAR

Name: _____

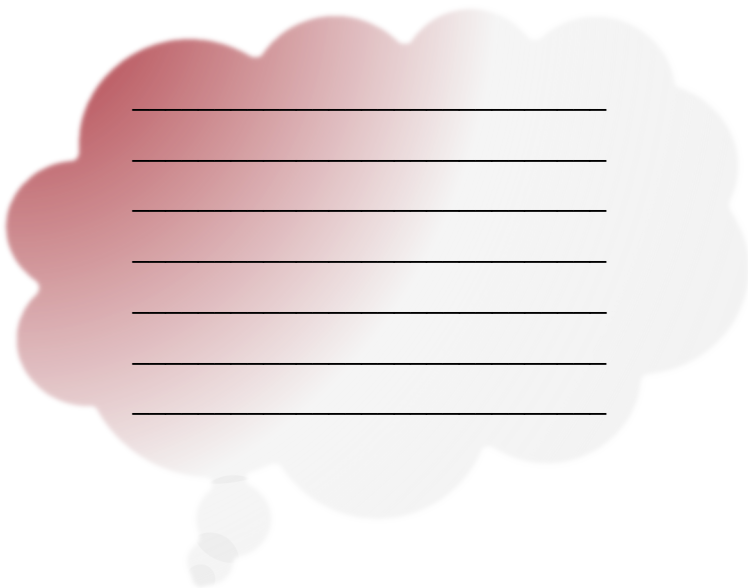
To fight the upset thoughts, I could have tried these thoughts instead:



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.

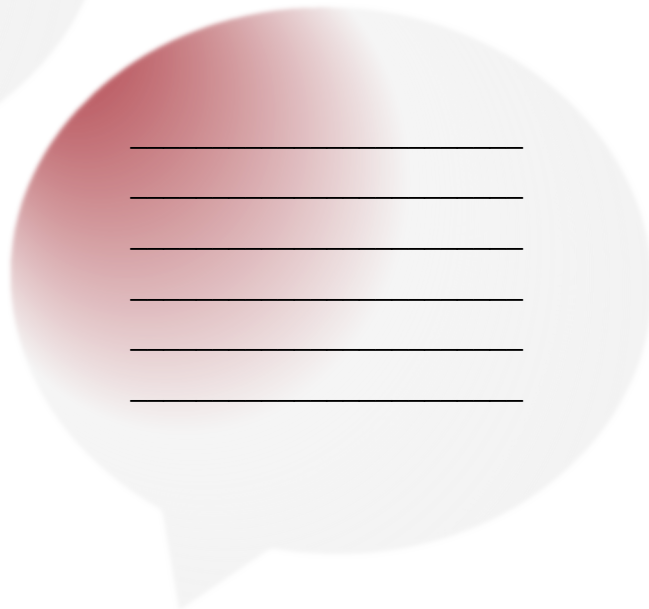


A thought bubble with a red-to-white gradient and a scalloped edge. It contains seven horizontal lines for writing.

Name: _____

Here are more helpful things I could say to myself the next time I feel afraid or scared:





This is something else I can do the next time I feel worried
