



THOUGHTS

THOUGHTS can be short phrases that we say to ourselves or even images. Yep—you can think in pictures, too!

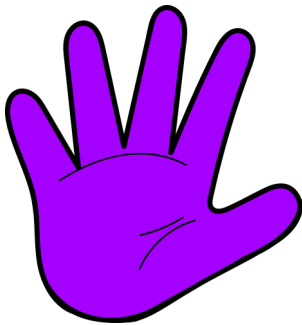
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FEELINGS

FEELINGS are our body's way of helping us pay attention to what is happening in our surroundings.

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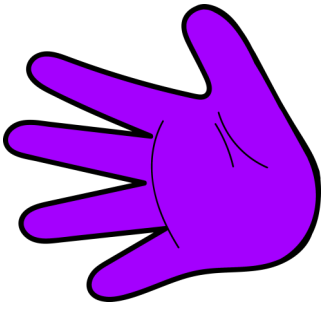


BEHAVIORS

BEHAVIORS are what we DO (or keep ourselves from doing). This includes what we say to others & how we react when there is a problem.

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BEHAVIOR

Laying your head down on your desk.

Playing with friends.

Yelling at your friend

Refusing to complete work.

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FEELING

Happy

Angry

Sad

Worried

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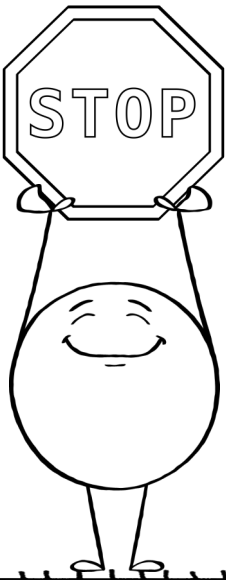
THOUGHT

"I am clumsy."

Imagining getting a bad grade on a test.

"What if they leave me all alone?"

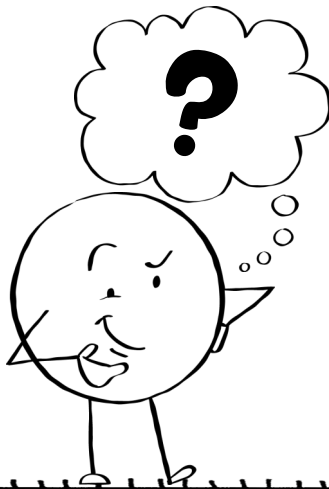
Imagining someone is yelling at you.



STOP AND TAKE A DEEP BREATH!

Catch your thought and sit with it for a moment. Are there emotions tangled up? What are you feeling? What are you thinking? Can you tell them apart? Write each down!

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THINK AND CHOOSE SOME QUESTIONS

Is it true?

Is it helpful?

What is the worst that could happen?

What resources do I have that can help me?

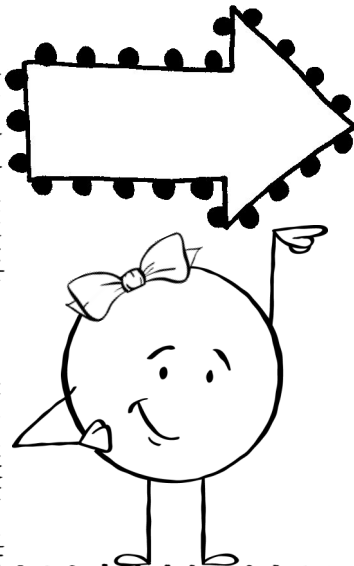
Is there another possibility or way to explain the thought?

What will happen if my thought does happen or is true?

What is the best possible thing that could happen?

Are there things I can do to make the best happen?

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DO! CHANGE IT AND TRY IT!

Change your thought to one that is real or more helpful, then try moving on! If this seems too hard, find an adult to help you!

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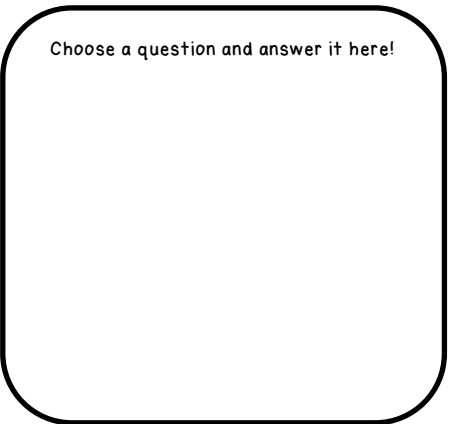
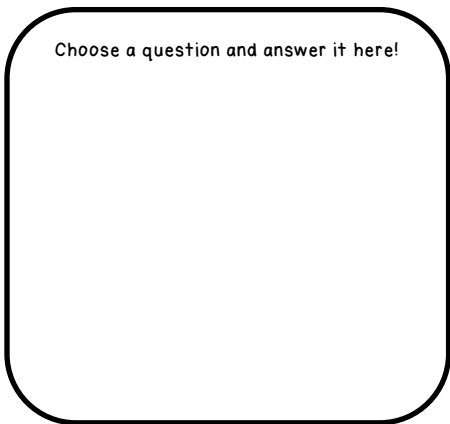


STOP AND TAKE A DEEP BREATH!



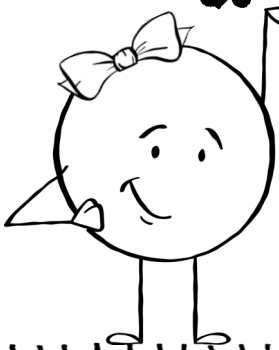
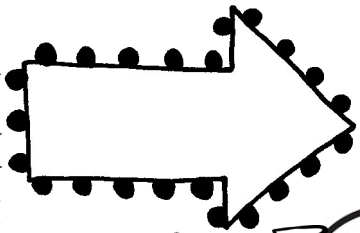
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THINK AND CHOOSE SOME QUESTIONS



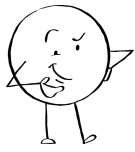
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DO! CHANGE IT AND TRY IT!



What happened after you changed the thought?

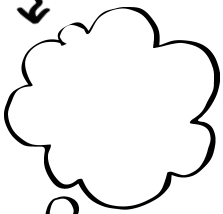
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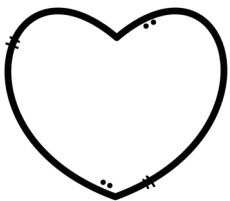
LET'S think ABOUT IT!



Describe the problem or situation. What was the spark?



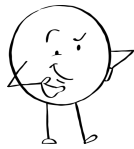
Thoughts?



Feelings?



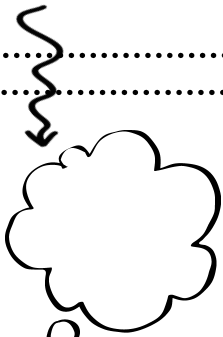
Behaviors?



LET'S think ABOUT IT!



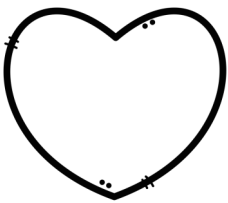
Describe the problem or situation. What was the spark?



Thoughts?



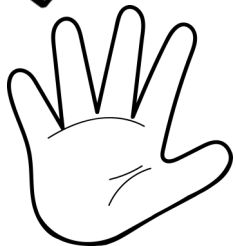
reframe



Feelings?



reframe



Behaviors?



reframe

What happened?

I thought...

I felt ...

I did...

Because of this...



What happened?

I thought...

I felt ...

I did...

Because of this...

