My Thought Detective

Thoughts, feelings and actions are connected. Catch the thought, check it, find a helpful one.

Name: _____ **Date:** _____

1 What happened? Write it or draw it

Where was I, who was there, what happened?

2 My feeling and my body clues Name it, then rate how big it is

I felt: _____

How big (0 to 10): 0 1 2 3 4 5 6 7 8 9 10

- ☐ Tummy ache or butterflies
- ☐ Fast heart
- ☐ Hot or red face
- ☐ Tight fists or muscles
- ☐ Tears or a lump in my throat
- ☐ Wiggly, can't sit still

3 My thought What did my brain tell me?

_____

_____

4 Thinking trap check Tick any that fit. Traps are normal, everyone falls in

- ☐ Fortune teller: I just know it will go wrong
- ☐ Mind reader: I know they think I'm dumb
- ☐ All or nothing: always, never, totally
- ☐ Making it huge: this is the worst thing ever
- ☐ Blaming me: it's all my fault
- ☐ Missing the good: only seeing what went wrong

5 Detective questions Look for clues, not just feelings

Is it a fact or a feeling? _____

What would I tell a friend? _____

What else could be true? _____

6 My helpful thought True, kind and helps me take a step

My helpful thought: _____

My feeling now (0 to 10): 0 1 2 3 4 5 6 7 8 9 10

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My Brave Steps

Worry gets smaller when we do brave things, one small step at a time.

Name: _____ **Date:** _____

1 What worry tells me to avoid

The thing I want to be braver about

Worry says don't: _____

My brave goal: _____

2 My brave ladder

Start at the bottom. Easiest step first

		Worry 0 to 10	I did it!
5	Step 5 (my brave goal)		☐
4	Step 4		☐
3	Step 3		☐
2	Step 2		☐
1	Step 1 (easiest)		☐

3 My coping tools

Tick the ones I will use on my brave step

- ☐ Slow belly breaths
- ☐ Name 5 things I can see
- ☐ Say my helpful thought
- ☐ Squeeze and let go
- ☐ Hold a calm object
- ☐ Ask a grown up to cheer me on

4 How I will celebrate

Being brave counts even if it felt scary

After each step I get: _____

5 What I learned

After my brave step

Worry said would happen: _____

What really happened: _____

6 For the grown up helper

How to help without taking over

Praise the trying, not only the result. Stay calm and close, but let the child do the step.

Repeat a step until the worry number drops, then move up. Go back down if a step is too big.

Get help from a doctor, school counselor or therapist if worry stops school, sleep or friendships.

In the US, call or text 988 in a mental health crisis. In an emergency, call 911.

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