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| What am I worried about? |
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| Why does it worry me? |
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| How much does it worry me? |
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| What bad thing do I think will happen? |
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| Why do I think it will happen? |
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| Even if the “bad” thing happened, would it be a TOTAL disaster or would I get over it? |
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| What else might happen instead? |
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| What has happened in the past? |
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| What would other kids do/think in the same situation? |
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| What would I think about another kid who felt this? |
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| How likely is it that the “bad” thing will happen? |
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