

WORRY STEPS

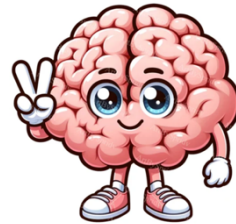
OUR BRAINS ARE GREAT, BUT THEY CAN MAKE MISTAKES LIKE MAKING US WORRY WHEN WE DON'T NEED TO. LET'S FIGURE OUT HOW TO HELP...

OUR BRAINS HAVE 2 IMPORTANT PARTS

OUR FEELINGS BRAIN



OUR THINKING BRAIN



WHAT DOES OUR FEELINGS BRAIN DO?

WHAT DOES OUR THINKING BRAIN DO?

WHICH ONE GIVES US THE WORRIED FEELING?

DOES OUR FEELINGS BRAIN MAKE MISTAKES?

IF YOU GET WORRIED, SWITCH FROM YOUR FEELINGS BRAIN TO YOUR THINKING BRAIN TO ANSWER THESE QUESTIONS.

1. WHAT IS THE WORRY?

2. IS THE WORRY HAPPENING NOW OR IS IT SOMETHING THAT MIGHT HAPPEN?

3. IF IT'S NOT HAPPENING NOW, WHAT IS THE CHANCE THE WORRY WILL REALLY HAPPEN?

4. DO I NEED TO WORRY ABOUT THINGS THAT MIGHT HAPPEN?

5. IF I THINK A LOT ABOUT THE WORRY, DOES IT GROW OR SHRINK?

6. WHAT ELSE CAN I THINK ABOUT THAT MAKES ME FEEL BETTER?

7. HOW WILL I FEEL IF I DON'T THINK ABOUT THE WORRY AT ALL?

8. DECISION TIME! AM I GOING TO KEEP LETTING THE WORRY BUG ME, OR LET IT GO?

WAYS TO PRACTICE LETTING GO OF WORRIES...

- **TALK TO SOMEONE ABOUT IT.**
- **IGNORE IT.**

- WRITE IT DOWN OR DRAW A PICTURE.
- GET BUSY WITH A FUN ACTIVITY.
- REMIND YOURSELF THAT WORRIES ARE JUST THOUGHTS, AND THAT YOU ARE IN CHARGE OF YOUR THOUGHTS!

STAY IN YOUR THINKING BRAIN. YOU GOT THIS!!



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Better Behavior: Helping Kids Create Change and Improve Relationships, by Noah Kempler, PsyD, Available at [Amazon.com](https://www.amazon.com)