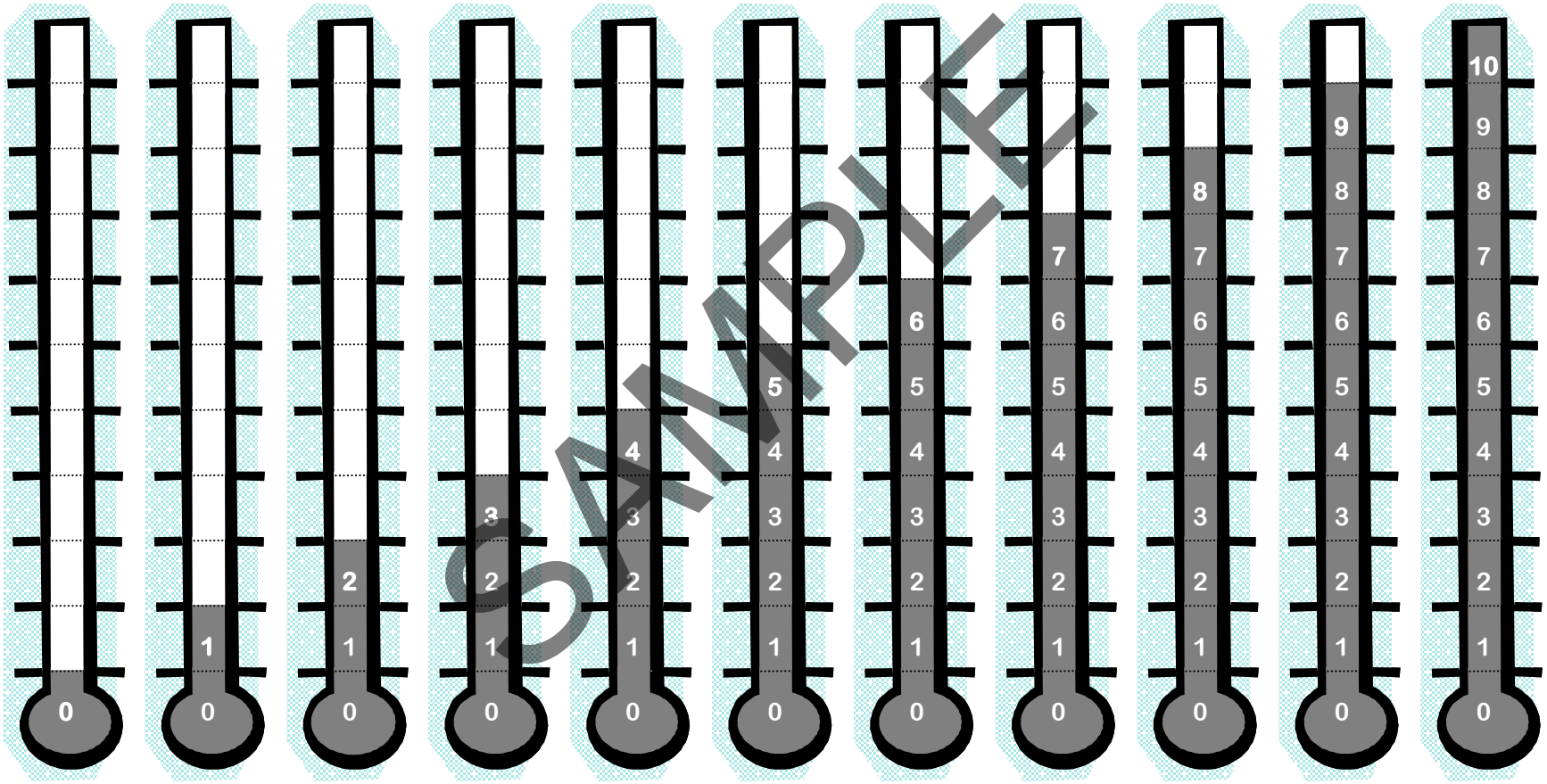
Fear Thermometer



SAMPLE

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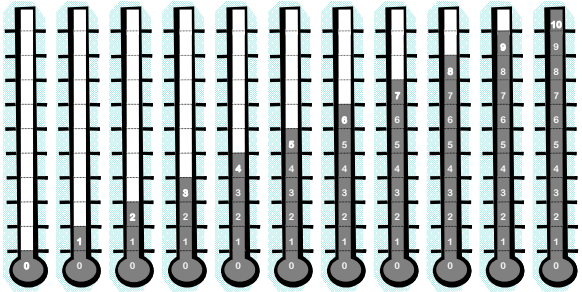
Fear Ladder

Date: _____

Filled out by:

- ☐ Child
- ☐ Mother
- ☐ Father
- ☐ Other _____



ITEM	How scary is this item today? Please give a rating from 0-10.

SAMPLE

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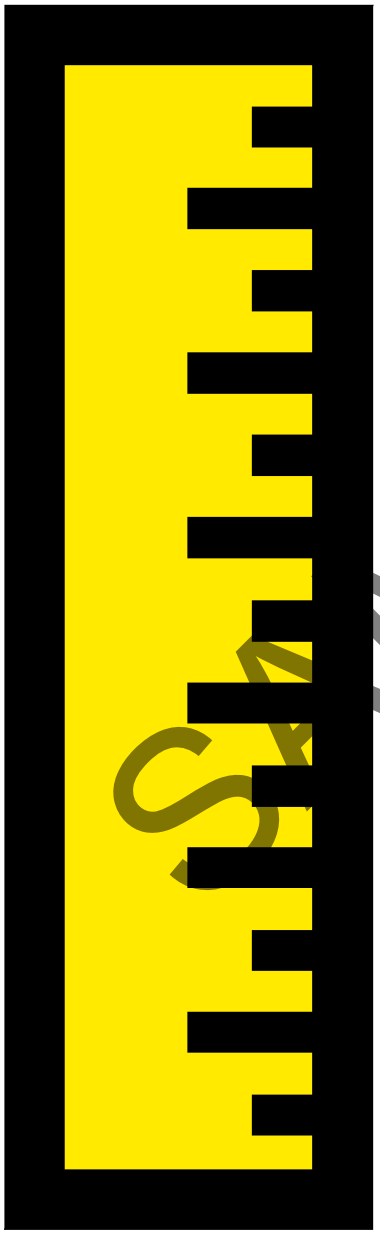
Behavior Rating Scale

Please indicate the number which best describes your child's behavior during the past week.



10	very good
9	
8	sort of good
7	
6	
5	so-so
4	
3	sort of bad
2	
1	
0	very bad

SAMPLE

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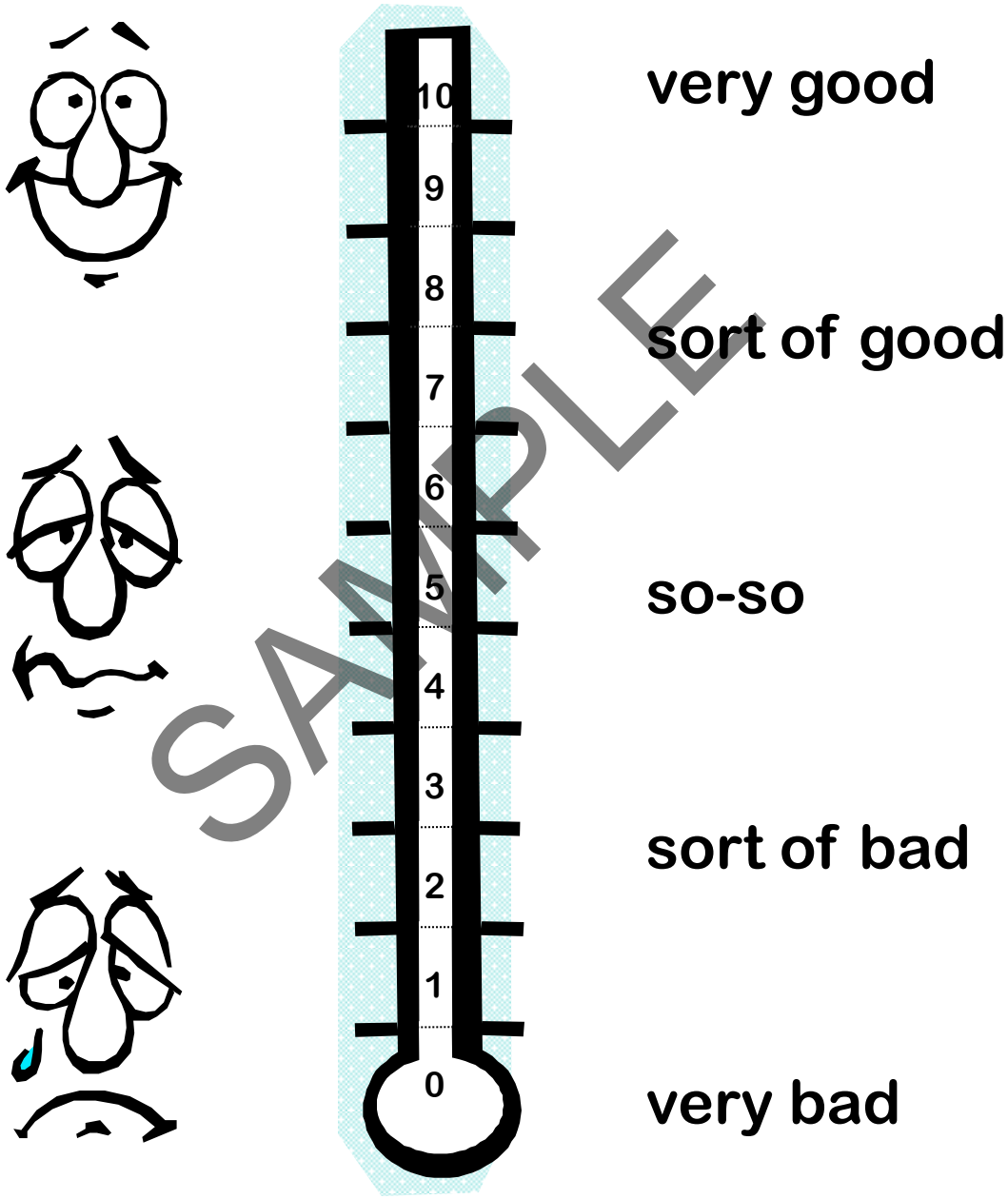
Feelings Thermometer



SAMPLE

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Help for Parents

Changing B-L-U-E Thoughts

Why Are Thoughts Important?

The things that we think about ourselves, others, and the world have a big impact on the way we feel. Some children have a tendency to think negative thoughts in response to situations that may be challenging. For example, these children might think, "I'm not good at math" when they struggle with their homework, or "Nothing ever works out for me" when they don't get invited to a party or make a sports team. These negative thoughts make children feel even worse, and sometimes feel like giving up. It is useful to consider the clues that support or don't support these negative thoughts. Changing overly negative thoughts (BLUE thoughts) into thoughts that are more realistic (TRUE thoughts) can improve your child's mood and help him or her view the world in a different way.

There are four kinds of negative thoughts to look out for, which spell out the word "B-L-U-E":

B laming myself	Assuming that bad things are all your fault
L ooking for the bad news	Ignoring the good things about a situation
U nhappy guessing	Telling yourself bad things will come true
E xaggerating	Imagining a disaster or making something seem worse than it is

SAMPLE

How Can I Help My Child Change B-L-U-E Thoughts?

When you notice that he or she is having negative or B-L-U-E thoughts, encourage your child to be like a detective and answer the following questions:

- What's the evidence that this thought is true?
- Is there another way to look at the situation?
- What would I tell a friend?
- What if it is true—would that really be so bad?

Then help your child come up with a more realistic, TRUE thought!

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