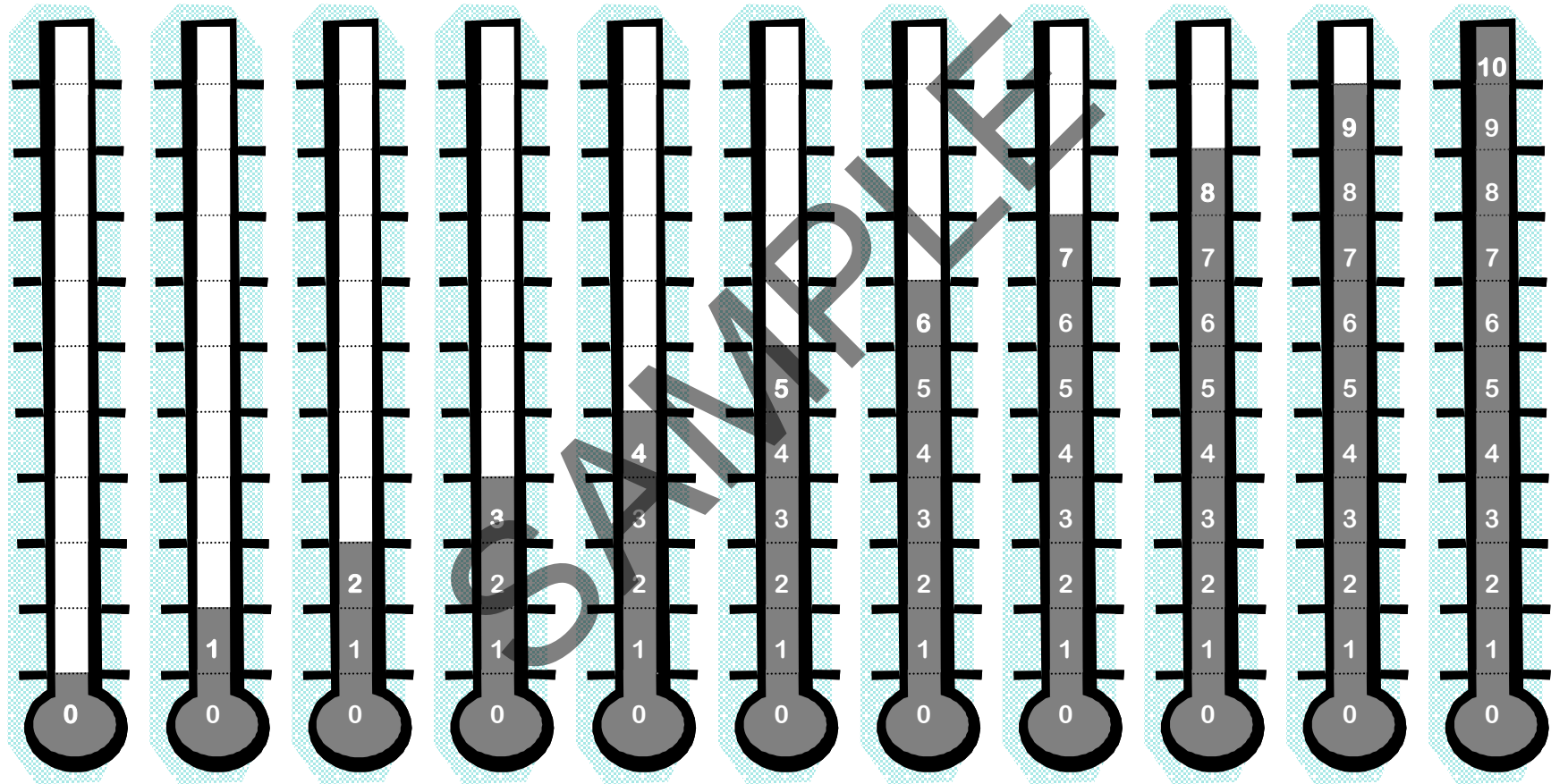


Fear Thermometer

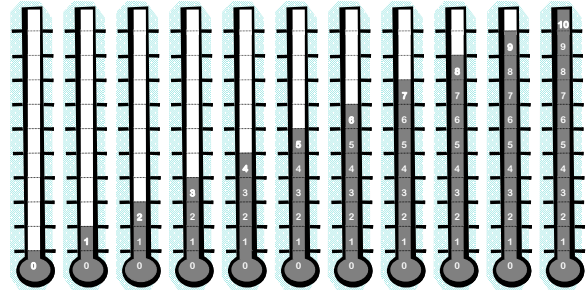


☐ Child

☐ Mother

☐ Father

☐ Other _____

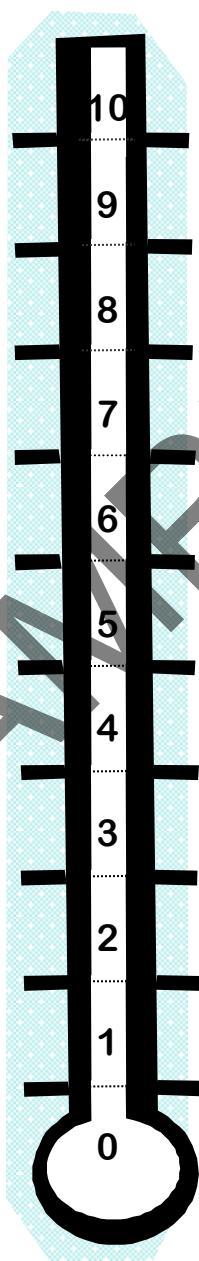
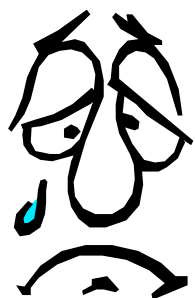
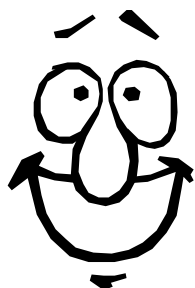


ITEM

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

[illegible]

Feelings Thermometer



very good

sort of good

SO-SO

sort of bad

very bad

Changing B-L-U-E Thoughts

B-L-U-E thoughts are thoughts that are too negative to be true. B-L-U-E thoughts make us feel bad.

Blaming myself

Looking for bad news

Unhappy guessing

Exaggerating

Come up with some B-L-U-E thoughts for the examples below.

Give an example of Blaming Yourself

That test today was really hard!

Give an example of Looking for Bad News

Oops! I accidentally painted that tree purple!

Give an example of Unhappy Guessing

My recital is tomorrow.

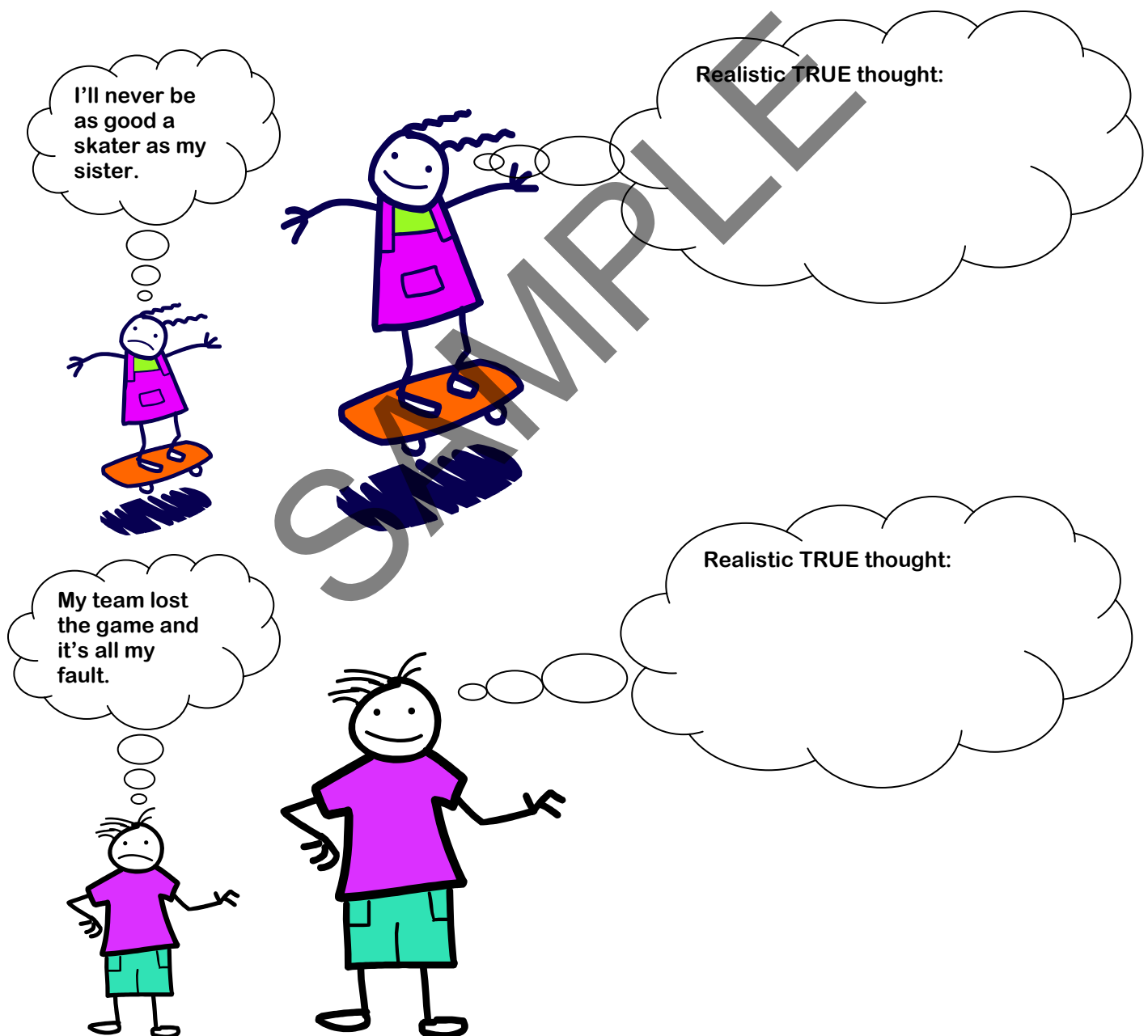
Give an example of Exaggerating

On my math test I got 21 right and 4 wrong.

Double Bubbles

What we think can change the way we feel. Practice changing unrealistic **B-L-U-E** thoughts to more realistic **TRUE** thoughts. Remember to ask yourself the following questions:

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

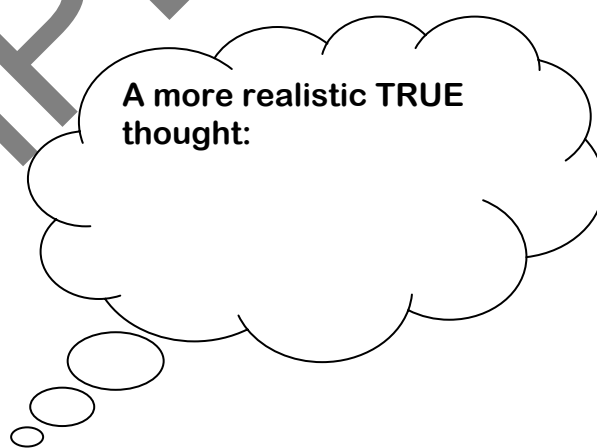
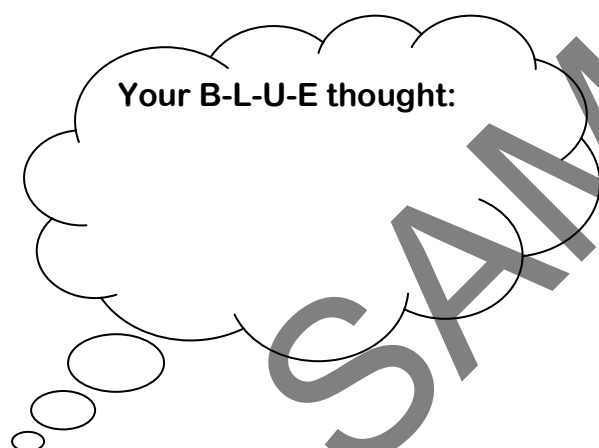


Double Bubbles on My Own

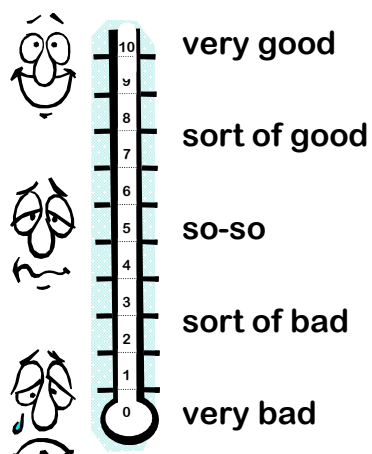
Think of a situation from your own life when you had a **B-L-U-E** thought. Examine the evidence to see if the thought is realistic. Try to come up with a more realistic **TRUE** thought, and see whether it changes your feelings thermometer! Remember to ask yourself the following questions:

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

What was the situation? _____



This thought made me feel ...



This thought made me feel ...

