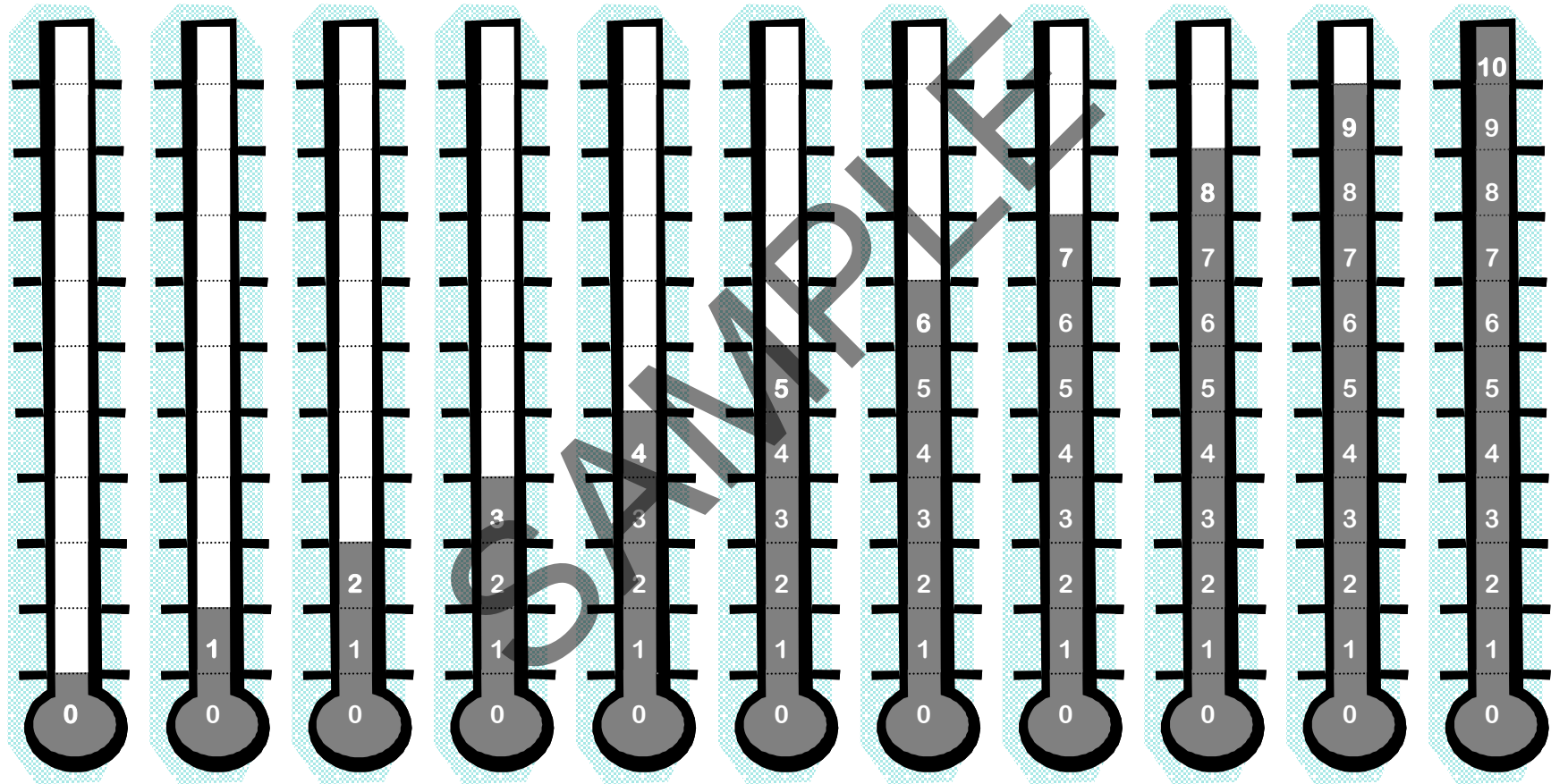


# Fear Thermometer

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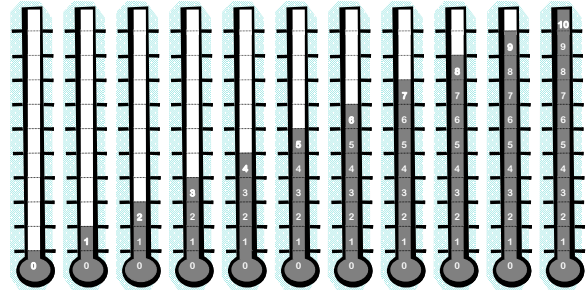
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☐ Child

☐ Mother

☐ Father

☐ Other \_\_\_\_\_



**ITEM**

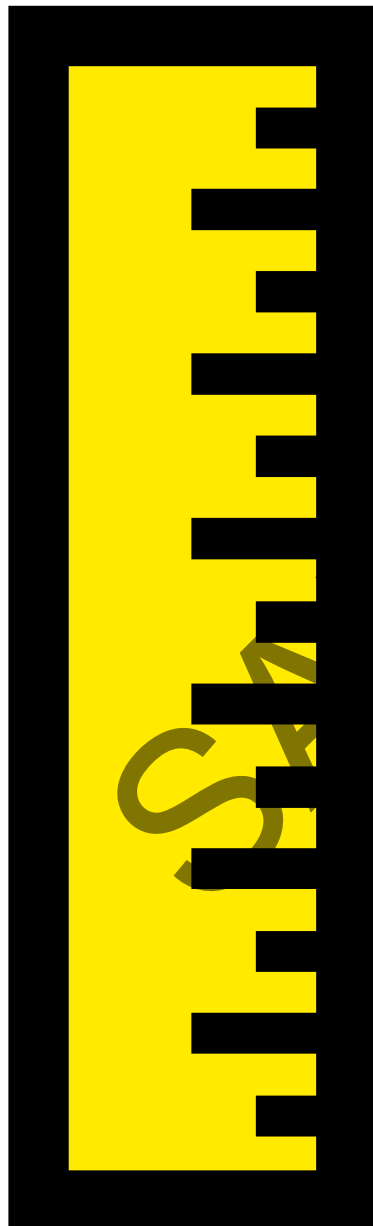
**How scary is this item today? Please give a rating from 0-10.**

[illegible]

# Behavior Rating Scale

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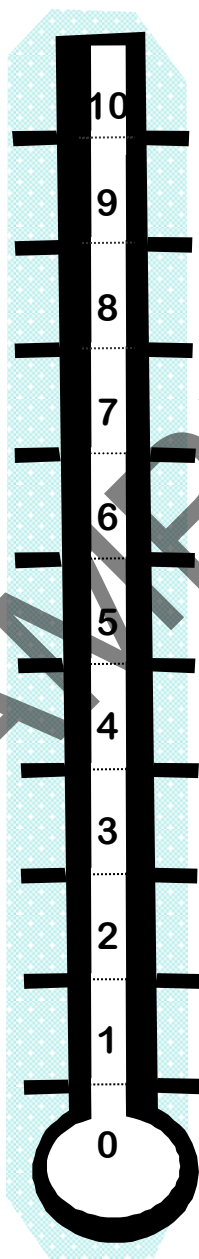
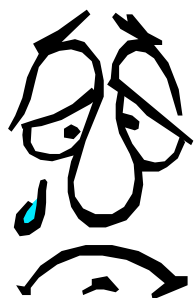
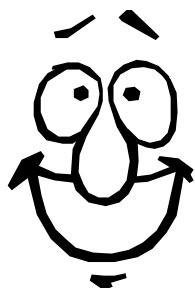
Please indicate the number which best describes your child's behavior during the past week.

A vertical yellow ruler with black markings, used for rating behavior. The ruler is oriented vertically and has a black border. The markings are black horizontal lines of varying lengths, creating a scale from 0 to 10. A large, faint, diagonal watermark reading 'SAMPLE' is overlaid across the ruler.

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

# 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.

**B**laming myself

**L**ooking for bad news

**U**nhappy guessing

**E**xaggerating

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.

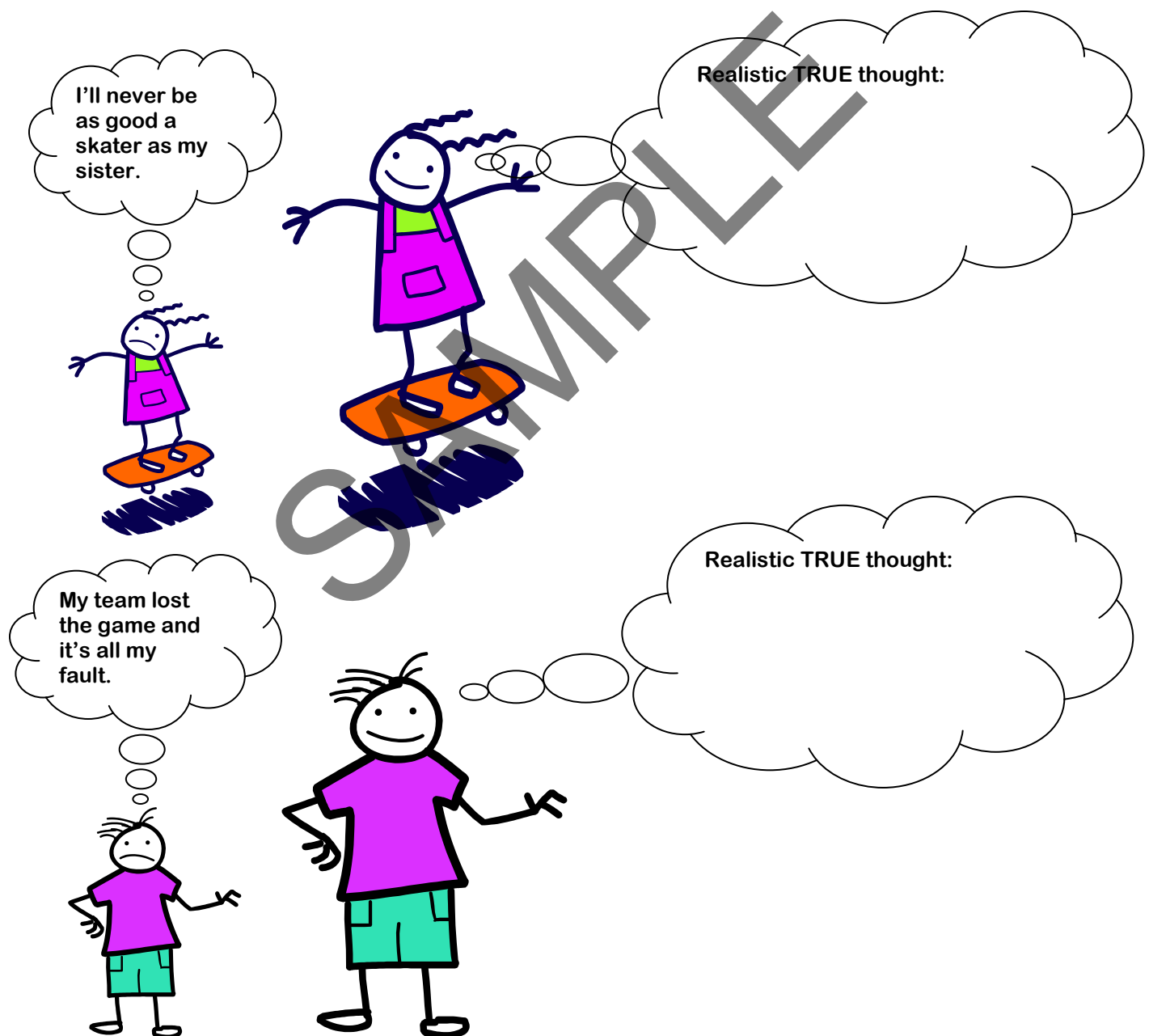
**Give an example of Exaggerating**

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?



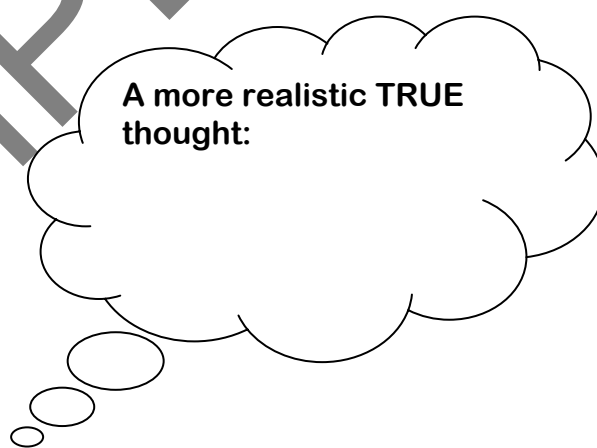
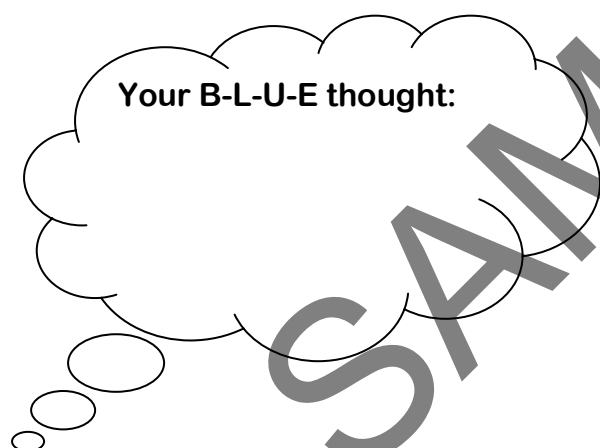
# Double Bubbles on My Own

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:

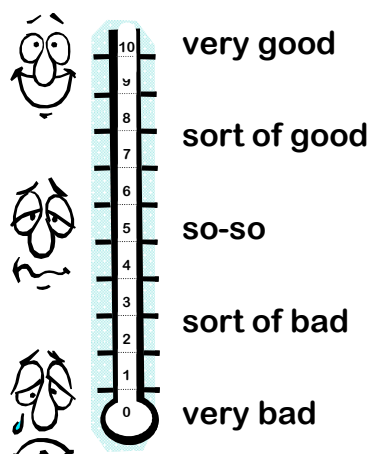
- What's the evidence?
- Is there another way to look at the situation?
- What would you tell a friend who had this thought?
- What if it is true—would that really be so bad?

What was the situation? \_\_\_\_\_

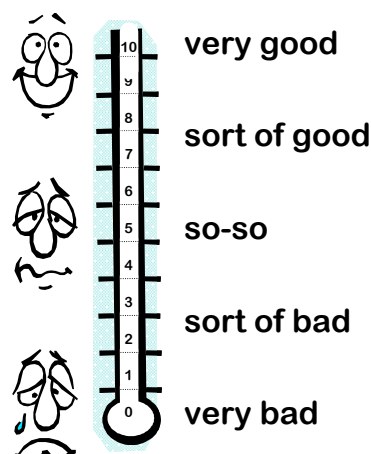
\_\_\_\_\_



This thought made me feel ...



This thought made me feel ...




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

## 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!

