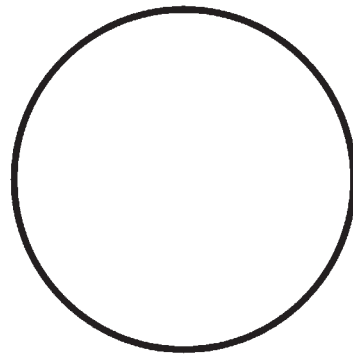


Feeling

*Happy*

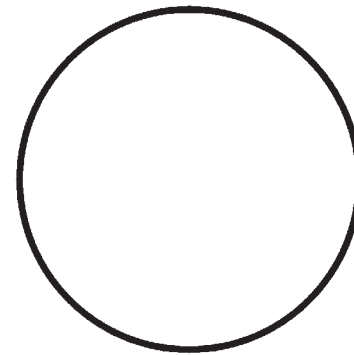
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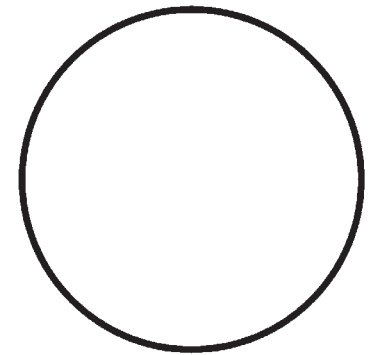
Feeling

*Sad*

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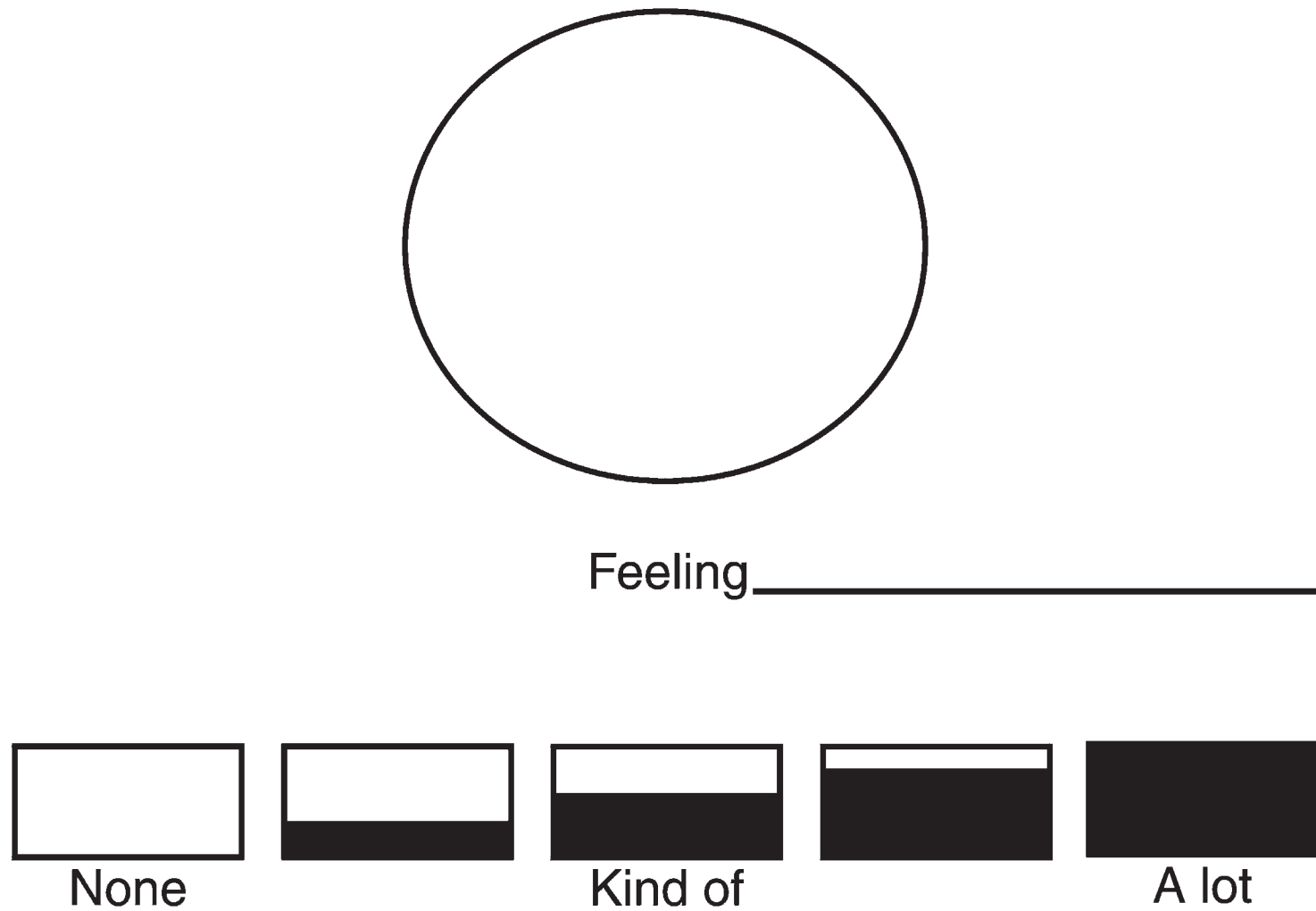
Feeling



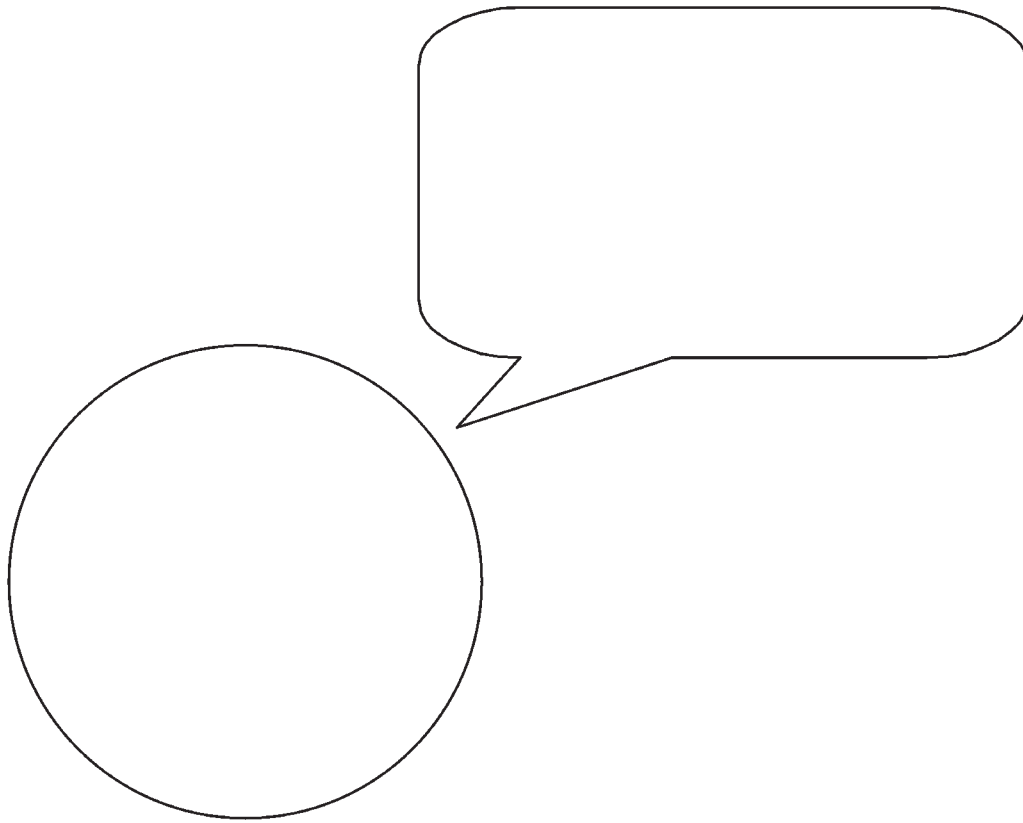
Feeling



**FIGURE 6.1.** Blank Feeling Faces Chart. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).



**FIGURE 6.2.** Feeling Face with Labeled Emotion and Intensity Ratings. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).



EVENT

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FEELING TYPE

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FEELING STRENGTH

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**FIGURE 6.3.** Basic Cartoon Thought Record. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

Event	Feeling	Caterpillar Thought 	Can This Caterpillar Thought Change into a Butterfly Thought?	Butterfly Thought 

**FIGURE 7.3.** Butterfly Thoughts Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

Hello, I'm Ms. Stakes Sweeps. My job is to help you learn that mistakes are not horrible. You know, mistakes are part of life. In fact, they are even part of my name!! If you worry too much about making a mistake, it can stop you from trying new things or even keeping on doing the things you need or want to do.



Many times children punish themselves too much for their mistakes. They may fear what parents, friends, and teachers say about mistakes. Do you ever punish yourself for your mistakes? Circle one.

YES

NO

Write down the way you punish yourself for your mistakes.

The way I punish myself for my mistakes is \_\_\_\_\_

\_\_\_\_\_

Do you ever worry what others think about your mistakes? Circle one.

YES

NO

When I make a mistake, I worry my parents will think \_\_\_\_\_

\_\_\_\_\_

When I make a mistake, I worry my teachers will think \_\_\_\_\_

\_\_\_\_\_

When I make a mistake, I worry my friends will think \_\_\_\_\_

\_\_\_\_\_

Now, do you know what a contest is? Have you ever been in a contest? Another name for a contest is called a sweepstakes. That kind of sounds like my name, doesn't it? I am going to give you some tools so you can win the Ms. Stakes Sweeps.

The tools I am going to give you are questions. Here they are:

What are the good parts of making a mistake? \_\_\_\_\_

\_\_\_\_\_

*(continued)*

**FIGURE 7.5.** Ms. Stakes Sweeps Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

If there are any good parts of making mistakes, how terrible could making a mistake be? Circle one.



Can you learn anything from making a mistake? Circle one.

YES NO

If you can learn something from making a mistake, how terrible could making a mistake be? Circle one.



Can you be really good at something and still make a mistake? Circle one.

YES NO

If you can be really good at something and still make a mistake, how terrible is making a mistake? Circle one.



Name someone you really admire and like who has made a mistake.

---

If someone you admire and like makes mistakes, how terrible is making a mistake? Circle one.



Do most boys and girls in your class use their erasers? Circle one.

YES NO

If most boys and girls use their erasers, how terrible is making a mistake? Circle one.



**FIGURE 7.5.** *(continued)*

Draw a line to show if the thought is a way to TAKE COMMAND or a way to BLAME YOURSELF.

<p>I'm stupid.</p>	<p>Take Command</p>	<p>Blame Self</p>
<p>A kid in my class didn't invite me to his party. I'm a jerk!</p>	<p>Take Command</p>	<p>Blame Self</p>
<p>Just because I missed the ball in the soccer game does not mean I am a bad player. I can work harder in practice and improve my kicking.</p>	<p>Take Command</p>	<p>Blame Self</p>
<p>I get so scared about everything. I'll never get over it. I'm such a baby.</p>	<p>Take Command</p>	<p>Blame Self</p>
<p>Suzy called me a bad name. I'm such a loser.</p>	<p>Take Command</p>	<p>Blame Self</p>
<p>I missed four words on the spelling test and got a bad grade. I need to make flashcards and read them over before a test next time.</p>	<p>Take Command</p>	<p>Blame Self</p>

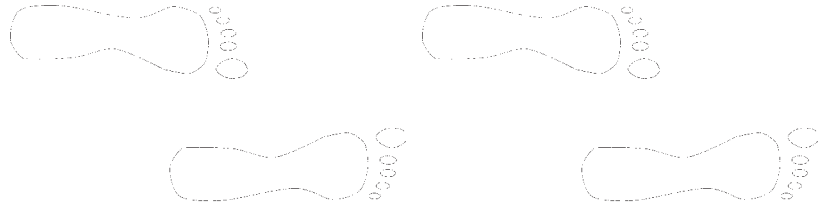
**FIGURE 9.2.** Taking Command or Blaming Yourself Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

Solution	Illusion
<ul style="list-style-type: none"> <li>• Productive act that creates positive change</li> <li>• Approaches problems constructively</li> <li>• Builds you up without tearing others down</li> <li>• Based on personal values that are both self-respecting and respecting of others</li> <li>• Holds up to introspection</li> <li>• Moves things forward</li> <li>• Advantages are clear</li> </ul>	<ul style="list-style-type: none"> <li>• Destructive act that keeps things the same or makes them worse</li> <li>• False, fake representations</li> <li>• Falls apart upon inspection</li> <li>• Pushes things backward</li> <li>• Creates other problems</li> <li>• Advantages are difficult to see</li> </ul>

**FIGURE 9.3.** Illusion and Solution tip card. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).







Private I's pay attention to people and things around them to get clues for their hunches. You can work as a Private I to check the clues about the things that bother you.

Write a statement about something that is bothering you to investigate. (What is your hunch?)

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What are the clues? (Remember clues can be things you do, see, hear, learn, etc.)

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Now, put the clues together. Did the clues you found show that your hunch was right or wrong? What is your conclusion?

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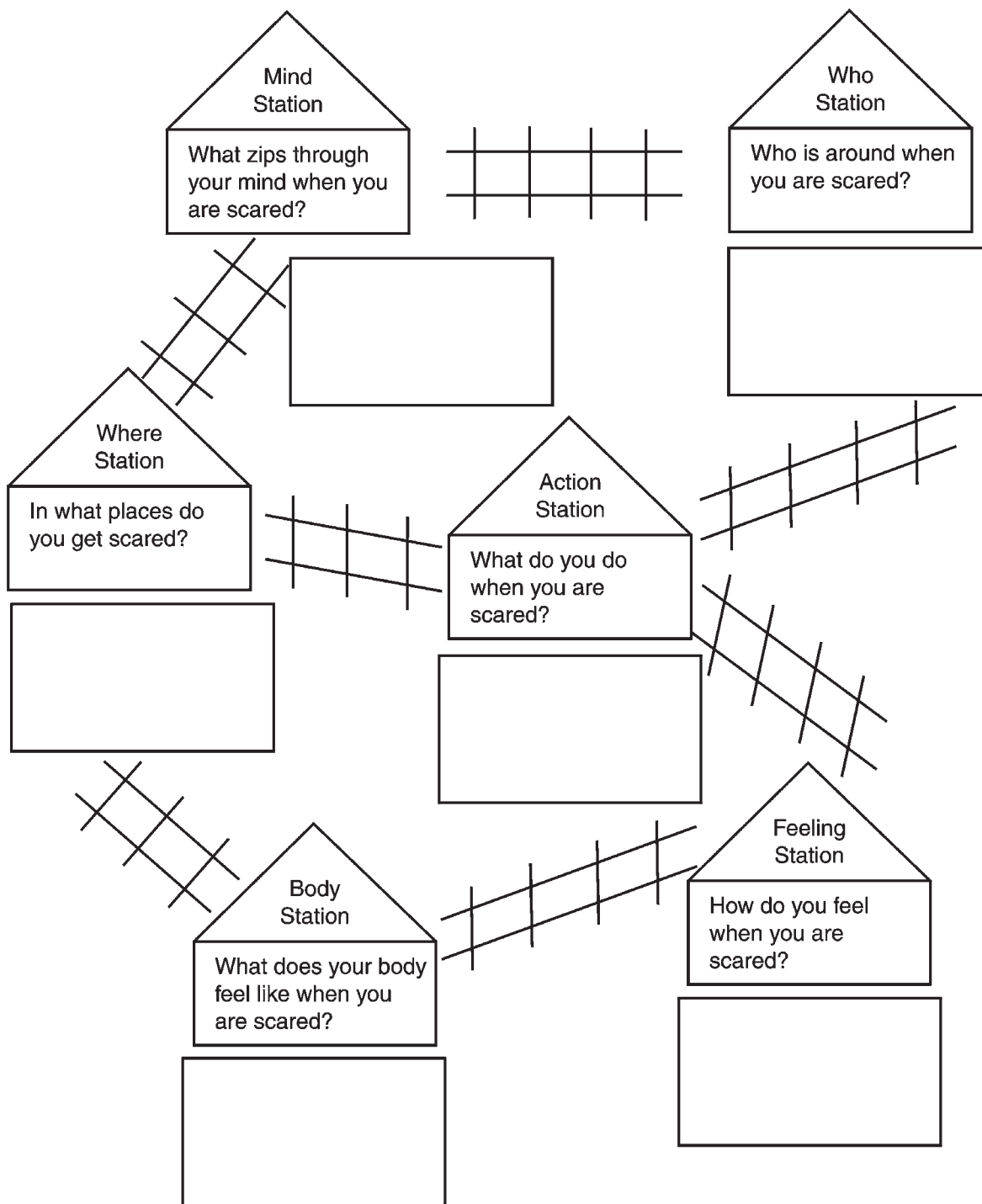
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**FIGURE 11.8.** Private I Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).



**FIGURE 12.2.** Tracks of My Fears Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

My fear says: \_\_\_\_\_

Here are some things you could say to yourself that can help you **talk back** to your scared feelings:

- Scared feelings are like the wind. They blow over you and then they are gone.
- Everybody feels scared sometimes. These feelings just make me human.
- These feelings are just signals to use my new skills.
- I know I can do this. The main reason I think I can't is because I feel scared. I just have to remember it's my fear talking.
- Keep cool. I can talk back to my fear.

Write down five more things you can say to yourself to **TALK BACK TO YOUR FEAR:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Write down all these ways to talk back to your fear on index cards. Read them over twice a day.

**FIGURE 12.7.** Talking Back to Fear Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

Many times when you worry, you wonder, "What if something bad happens?" You sometimes guess that the worst is going to happen and you won't be able to handle it. This is called **Dreadful Iffy thinking**. Let's use this worksheet to **Defeat Dreadful Iffy**.

When I worry what if . . .

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I feel really scared and worried.

Ask yourself questions:

How sure am I that what I am worrying about will really happen? Circle one.



Not sure



Pretty sure



Very sure

Has it ever happened before? Circle one.

YES

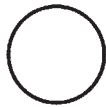
NO

If it has not happened in the past, what makes me think it will happen now?

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If I have handled it in the past, how dreadful is it really? Circle one.



Very dreadful



Kind of dreadful



Not dreadful

Now that you have answered these questions, what is a new way to talk back to Dreadful Iffy?

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**FIGURE 12.9.** Defeating Dreadful Iffy Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

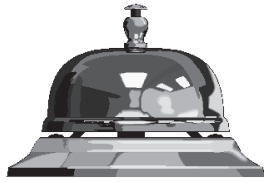
What was a fear I faced?

How long did I face my fear?

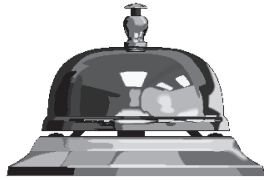
How many times did I face my fear?

What did I do to help me face it?

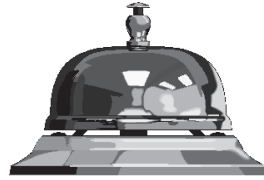
**FIGURE 12.12.** My Badge of Courage Worksheet. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).



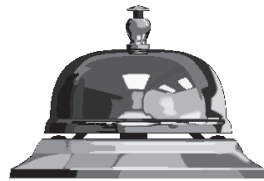
Angry buzzers with parents.



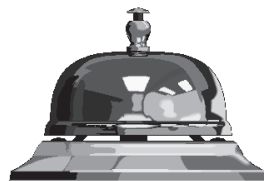
Angry buzzers with teachers.



Angry buzzers with friends/peers.



Angry buzzers with brothers or sisters.



Other angry buzzers.

**FIGURE 13.3.** Angry Buzzers. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).

Circle whether each thing listed below happens to you on purpose or by accident.

A classmate does not say hello.	On purpose	By accident
Your mother asks you to wash the dishes.	On purpose	By accident
Your teacher calls you by the wrong name.	On purpose	By accident
At lunch, your friend spills milk on your tray.	On purpose	By accident
Your friend did not get you a birthday present.	On purpose	By accident
Someone cuts ahead of you in line.	On purpose	By accident
Someone bumps into your desk when he/she is not looking where he/she is going.	On purpose	By accident
Someone takes your pencil and won't give it back.	On purpose	By accident
A classmate makes fun of you and calls you names.	On purpose	By accident
Someone gives you a strange look.	On purpose	By accident

List five ways you can tell if someone does something on purpose or by accident.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What is important about learning to decide whether somebody does something on purpose or by accident?

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**FIGURE 13.4.** On Purpose or By Accident. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).



Draw yourself sitting on this block of ice.



Color the ice a nice *cool* color.

Write down five cool-down statements.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Next time you feel really angry and you are ready to melt down, imagine yourself sitting on this cool block of ice thinking your five cool-down statements.

**FIGURE 13.5.** Putting Fights on Ice. From Friedberg and McClure (2015). Copyright by The Guilford Press. Permission to photocopy this figure is granted to purchasers of this book for personal use only (see copyright page for details).