

Worry toolkit examples

How does this feel? How can I tell?	What makes me feel this way?	What can I do?	What can other people do?
Worry	getting something wrong	SOCCSS Evidence chart	try to help me think it through
Can't stop thinking about something	Saying something I didn't think through	Evidence chart	give me some advice give me some space
	If I have done something wrong	SOCCSS	help me understand why.

Evidence Chart

This strategy helps us to put things into perspective.

How does it work:

1. Identify the worry
2. We answer some questions
3. We re-evaluate (think about it again)
4. focus on something nice.

We call this re-framing.
Re-framing means thinking about something in a new way.

Thought

Rate how much you believe
it 1-10 (10= totally)

Feeling I would
get in
trouble

8

Evidence for the thought

Because I had
made a video

Worried someone
had watched the
screen

Evidence against the
thought

Newspaper publishers
usually do worse
than that

What would ^{Jama} my best friend
say to me?

That's a
stupid worry

What would I say to my
friend if they had this
thought?

Tell them
to be honest

How much do I believe this
thought now?
1-10 (10=totally)

0

Reframe it! What can you think instead?

1) focus on something nice like cars

★ Newspaper publishers do worse everyday

Thought

Rate how much you believe it
1-10 (10= totally)

Evidence for the thought

Evidence against the thought

What would my best friend
say to me?

What would I say to
my friend if they had this
thought?

How much do I believe this
thought now?
1-10 (10=totally)

Reframe it! What can you think instead?

SOCCSS

This strategy helps us to make a plan for problems that keep happening.

How does it work:

Situation-in this box identify the the problem or worry

Options-in this box identify your choices/what you can do

Consequences-in this box identify what will happen if you choose the option

Strategy-in this box write your plan, focus on HOW you will do this.

THEN Simulate-Practice it!

Situation



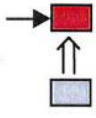
The joke I have told was too harsh or wierd

Options



- 1 Say Sorry lots of times
- 2 Appologise once
- 3 Tell them to shut up because they are an idiot

Consequences



- Option 1 People think I have said it too much
- Option 2. It will be Sorted
- Option 3 I get in to trouble lose a friend upset the person

Choice



Option 2

Strategy



Think about what Im Saying

Stop after one

Practice saying it once

Situation



Options

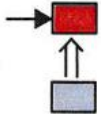


1

2

3

Consequences



Option 1

Option 2

Option 3

Choice



Strategy

