

Name: _____

Date: _____

Anxiety Negative Thoughts **worksheet**



It is Lany's first day at his new school. He is having negative thoughts that are making him feel anxious. Can you help him change his thoughts?

I don't have any friends here. No one is going to like me!

My friends at my old school are having fun without me.

I'm so nervous! The kids will probably think that I'm weird.

This school is SO big. I know for sure that I'm going to get lost!