

Name: \_\_\_\_\_

## Dealing with my worries

6. To fight the worried thoughts, I could have tried these thoughts instead:

The form consists of a line drawing of a person's head and shoulders on the left side. From the top of the head, three large, cloud-shaped thought bubbles extend outwards. Each thought bubble is connected to the head by a series of smaller circles of decreasing size. Each of the three thought bubbles contains five horizontal lines for writing.