

Name: _____

Dealing with my worries

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

The worksheet includes a line drawing of a person's head and shoulders on the left side. Three large, cloud-shaped thought bubbles are connected to the head by smaller circles. Each thought bubble contains five horizontal lines for writing. The website address 'autismteachingstrategies.com' is printed at the bottom center.