

**Patient Name:**

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## **Chapter 4 – Thoughts, Feelings and What You Do**

### **p46 The magic circle**

Type answers into the boxes provided.

**What were you THINKING?**

--

**What were you DOING?**

--

**How did you FEEL?**

--

**p47 The negative trap**

**What I THINK?**

--

**What I DO?**

--

**How I FEEL?**

--

**p48 The IF/THEN quiz**

Try the IF/THEN Quiz. What do you think will happen?

<b>IF I am good THEN</b>
<b>IF I get into trouble THEN</b>
<b>IF I get things wrong THEN</b>
<b>IF I work hard THEN</b>
<b>IF I have no friends THEN</b>
<b>IF People like me THEN</b>
<b>IF I make people happy THEN</b>
<b>IF I let my parents down THEN</b>
<b>IF I am not kind THEN</b>
<b>IF I am successful THEN</b>

**p49 – What I think, what I do or how I feel**

Are these THOUGHTS, FEELINGS or what you DO?

Description	Thought, feeling or action?
I am going to get this wrong	
Angry	
Sad	
Going to school	
Playing with my friends	
This is really good	
I'm good at making people laugh	
Cross	
Being on my own	
People don't like me	
Having a bath	
Happy	
Eating tea	
No one will ever want to be my friend	
Stressed	
Frightened	
I will never pass my exams	
Shopping	

## **Chapter 5 – Automatic Thoughts**

### **p59 – Thoughts and feelings**

<b>Day and Time</b>	<b>Situation What, Where, When and Who?</b>	<b>Thoughts What were your 'hot' thoughts?</b>	<b>Feelings How did you feel?</b>

**p60 – My ‘hot’ thoughts**

Over the next week, carefully check your negative ‘hot’ thoughts and write down the three that you have most often about the following:

<b>Yourself</b>	
<b>1</b>	
<b>2</b>	
<b>3</b>	

<b>What you do</b>	
<b>1</b>	
<b>2</b>	
<b>3</b>	

<b>Your future</b>	
<b>1</b>	
<b>2</b>	
<b>3</b>	

**p61 – Nice thoughts about myself**

Fill in the boxes by writing about the nice thoughts you have about yourself.




**p62 – Nice thoughts about my future**

Fill in the boxes by writing about the nice thoughts you have about your future.


**p63 – Unpleasant thoughts about myself**

Fill in the boxes by writing about the unpleasant thoughts you have about your future.


**p64 – Worrying thoughts about what I do**

Fill in the boxes by writing about the worrying thoughts you have about what you do.


**p65 – What are they thinking?**

Fill in the boxes by writing what these people carrying boxes might be thinking


**p66 – What are they thinking?**

Fill in the boxes by writing what the cat and mouse might be thinking

Cat	
Mouse	

**p67 – What are they thinking?**

Fill in the boxes by writing what the man in the picture might be thinking


Fill in the boxes below by writing what the cat might be thinking about the dog


## Chapter 6 – Thinking Errors

### p75 – Thinking error diary

<b>Day and Time</b>	<b>Situation</b> What, Where, When and Who?	<b>Thoughts</b> What were your thoughts? Rate how much you believe them.	<b>Feelings</b> How did you feel?	<b>Errors</b> What thinking errors are you making? How much do you believe this now?

**p76 – What thinking errors do you make?**

Choose an answer and make it bold.

**The downers**

How often do you find yourself looking for the bad things that happen?

Never            Sometimes            Often            All of the time

How often do you find yourself looking for the things that go wrong or which aren't quite good enough?

Never            Sometimes            Often            All of the time

How often do you ignore or overlook the positive or good things that happen?

Never            Sometimes            Often            All of the time

How often do you play down the positive or good things that happen?

Never            Sometimes            Often            All of the time

**Blowing things up**

How often do you find yourself using all-or-nothing thinking?

Never            Sometimes            Often            All of the time

How often do you magnify or blow up the things that go wrong?

Never            Sometimes            Often            All of the time

How often do single negative events seem to snowball into something bigger?

Never            Sometimes            Often            All of the time

**Predicting failure**

How often do you think you know what other people are thinking about you?

Never            Sometimes            Often            All of the time

How often do you expect things to go wrong?

Never            Sometimes            Often            All of the time

**Feeling thoughts**

How often do you think that you are a stupid or bad person?

Never            Sometimes            Often            All of the time

How often do you think that you are a loser who can never do anything right?

Never            Sometimes            Often            All of the time



**Setting yourself up to fail**

How often do you think that things are not good enough unless they are perfect?

Never            Sometimes            Often            All of the time

How often do you find yourself thinking that you *should* do this or that?

Never            Sometimes            Often            All of the time

How often do you find your self saying *I must*?

Never            Sometimes            Often            All of the time

**Blame me!**

How often do you blame yourself for the things that happen or go wrong?

Never            Sometimes            Often            All of the time

**Chapter 7 – Balanced Thinking**

**p84 – Looking for evidence**

<b>Day and Time</b>	<b>Thoughts</b> What were your thoughts? Rate how much you believe them	<b>Support</b> What evidence supports your thoughts?	<b>Challenge</b> What evidence challenges this thought	<b>Best friend</b> What would I say to them? What would they say to me? Rate how much you believe this now.

**p86 – Balanced thinking thought diary**

<b>Day and Time</b>	<b>Thoughts What were your thoughts?</b>	<b>Support evidence What evidence supports your thoughts?</b>	<b>Challenge What evidence does not support these thoughts?</b>	<b>Balanced thought What is a more balance thought? How much do you believe this thought?</b>

## **Chapter 8 – Core Beliefs**

### **p94 – Identifying core beliefs**

Take two of your most common automatic thoughts and use the SO WHAT? technique to discover your core beliefs

<b>1. My negative thought</b>
<b>SO WHAT? If this was true, what would it mean about me?</b>
<b>SO WHAT? If this was true, what would it mean about me?</b>

<b>2. My negative thought</b>
<b>SO WHAT? If this was true, what would it mean about me?</b>
<b>SO WHAT? If this was true, what would it mean about me?</b>

**p96 – Challenging core beliefs**

Select one of your core beliefs and over the next week record any evidence, no matter how small, that would suggest that core belief is **not always** true.

<b>Core belief</b>
<b>Evidence that does not support it</b>

**p97 – Common beliefs**

Use the Thought Thermometer on page 87 of the book to rate how much you agree with each of the following statements.

Statement	Thought rating
It is important to be better than others at everything I do.	
Other people are better than me	
No one loves or cares about me	
It is important that my parents/carers are involved in everything I do	
I am not responsible for what I do or say	
I am a failure	
I am more important/special than others	
People will be cross or upset if I say the things I really want to say	
I must not show my feelings to others	
It is more important to put other people's wishes and ideas before my own	
Others are out to get or hurt me	
No one understands me	
People I love will never be there for me	
I need other people to help me get by	
Bad things happen to me	

## **Chapter 9 – Controlling Your Thoughts**

### **p109 – Test your thoughts and beliefs**

<b>1</b> What is the negative belief/thought that you hear most often?
<b>2</b> Use the Thought Thermometer on page 87 to rate how strongly you believe this thought.
<b>3</b> What experiment could you set up to test whether this is true?
<b>4</b> When will you carry out your test?
<b>5</b> If your belief/thought was true, what do you predict would happen?
<b>6</b> What did happen?
<b>7</b> Use the Thought Thermometer to rate how strongly you now believe this thought

### **p110 – The thought challenger**

With the help of the Thought Tracker, identify the unhelpful or negative thoughts that you hear most often.

My most common negative thought is . . .
Look at <b>all</b> the evidence. What would be a more balanced thought? A more balanced thought is . . .

Whenever you notice this negative thought:

**1** say **STOP** to yourself

**2** repeat your balanced thought two or three times – this will help to turn down the volume of the negative thought.

It is useful to practice balanced thinking. As you get up each morning, repeat your balanced thought to yourself two or three times.

Don't just listen to your negative thoughts. Challenge them and turn down the volume.



**p112 – Positive self-talk**

Write down some of your negative thoughts at the end of each day

My negative thoughts were:

Check your thoughts and see if you have missed anything positive.

The positive things I missed were:

What would be your positive self-talk?

--

**p113 – Coping self-talk**

The situation or event that makes me feel anxious or worried is:
The thoughts that make me feel anxious are:
My coping self-talk is:

## Chapter 10 – How You Feel

### **p124 Thoughts and feelings**

Thoughts that make me feel <b>GOOD</b> :
1
2
3
Thoughts that make me feel <b>UNPLEASANT</b> :
1
2
3

**p125 – Activities and feelings**

Activities or things that make me feel <b>GOOD</b> :
1
2
3
Activities or things that make me feel <b>UNPLEASANT</b> :
1
2
3

**p126 – The Feeling Finder word search**

Can you find these feelings that the **Feeling Finder** has hidden?

Happy  
 Grumpy  
 Worried  
 Depressed  
 Relaxed  
 Frightened  
 Upset

Angry  
 Tense  
 Wound up  
 Calm  
 Guilty  
 Nervous  
 Mad

Afraid  
 Anxious  
 Sad  
 Tearful  
 Ashamed  
 Hurt

Scared  
 Unhappy  
 Uptight  
 Excited  
 Insecure  
 Confused

N	H	C	J	H	G	F	D	S	E	W	T	Y	U	N	F	C
H	A	N	G	R	Y	M	M	L	Q	U	P	T	I	G	H	T
C	P	W	R	K	F	B	D	I	A	N	G	F	F	X	Z	E
O	P	G	U	I	L	T	Y	N	P	H	M	N	N	G	F	A
N	Y	T	M	T	F	X	Z	S	C	A	R	E	D	S	W	R
F	E	Y	P	V	T	Y	T	E	S	P	I	R	Q	E	R	F
U	F	H	Y	N	E	L	P	C	T	P	R	V	G	J	K	U
S	D	F	G	H	N	P	R	U	G	Y	F	O	V	B	N	L
E	A	J	H	J	S	A	D	R	H	I	R	U	G	H	F	W
D	N	N	U	K	E	Y	E	E	J	K	G	S	M	K	R	D
F	X	B	R	A	D	Y	P	S	K	C	F	F	A	J	I	F
W	I	V	T	F	R	H	R	E	L	A	X	E	D	H	G	G
H	O	C	B	R	F	H	E	D	X	L	W	Q	U	L	H	H
J	U	U	B	A	V	A	S	H	A	M	E	D	P	O	T	Y
K	S	P	N	I	V	B	S	H	S	Z	S	X	T	Y	E	T
M	D	S	W	D	N	V	E	X	C	I	T	E	D	M	N	R
N	F	E	P	V	U	L	D	K	J	L	A	Z	P	L	E	Y
R	G	T	D	C	Q	P	O	W	O	R	R	I	E	D	D	J

**p127 – What feeling goes where?**

We have different feelings in different places. Place the feeling that best describes how you feel next to each place.

<b>sad</b>	<b>happy</b>	<b>worried</b>	<b>angry</b>
<b>calm</b>	<b>scared</b>	<b>excited</b>	<b>relaxed</b>
<b>frightened</b>	<b>bored</b>	<b>fed up</b>	<b>upset</b>

With other children	
At home	
In bed at night	
Out shopping	
At school	
With Mum or Dad	
With my best friend	
On my own	

**p129 – What happens when I feel sad?**

Think about something that made you feel really sad and unhappy. How would someone else know that you felt like this?

What does your face look like when you are sad?									
How does your body show that you are unhappy?									
How do you behave when you are unhappy?									
How much of the time do you feel unhappy?									
<b>Never</b>					<b>All the time</b>				
1	2	3	4	5	6	7	8	9	10

**p130 – What happens when I feel angry?**

Think about something that made you feel really cross and angry. How would someone else know that you felt like this?

What does your face look like when you are angry?									
How does your body show that you are angry?									
How do you behave when you are angry?									
How much of the time do you feel angry?									
<b>Never</b>					<b>All the time</b>				
1	2	3	4	5	6	7	8	9	10



**p131 – What happens when I feel anxious?**

Think about something that made you feel really anxious or uptight. How would someone else know that you felt like this?

What does your face look like when you are anxious or uptight?									
How does your body show that you are anxious or uptight?									
How do you behave when you are anxious or uptight?									
How much of the time do you feel anxious or uptight?									
<b>Never</b>					<b>All the time</b>				
1	2	3	4	5	6	7	8	9	10

**p132 – What happens when I feel happy?**

Think about something that made you feel really happy. How would someone else know that you felt like this?

What does your face look like when you are happy?									
How does your body show that you are happy?									
How do you behave when you are happy?									
How much of the time do you feel happy?									
<b>Never</b>					<b>All the time</b>				
1	2	3	4	5	6	7	8	9	10

**p133 – Feelings and places**

Think about all your different feelings and write them on sheets of paper.  
Make a list of the main places, people and activities in your life. The list might include some of the following items in the list.

Choose which feelings go with each of the below.

<b>Places People and Activities</b>	<b>Feelings</b>
<b>1</b> Mum	
<b>2</b> Dad	
<b>3</b> grandparents	
<b>4</b> best friend	
<b>5</b> other children	
<b>6</b> school	
<b>7</b> home	
<b>8</b> leisure/activity club	
<b>9</b> playing sport, games, reading a book	
<b>10</b> in bed at night	
<b>11</b> watching TV	
<b>12</b> doing schoolwork	
<b>13</b> going somewhere new	
<b>14</b> going to school	
<b>15</b> being with friends.	

What gives you the most pleasant feelings?

--

What gives you the most unpleasant feelings?

--

## Chapter 11 – Controlling Your Feelings

### **p146 – My relaxing activities**

My relaxing activities. Fill in the boxes by writing the things that help you to relax and feel calm.

1
2
3
4

**Chapter 12 – Changing Your Behaviour**

**p156 – Activity diary**

<b>Activity</b>	<b>Feelings</b>
7 morning	
8	
9	
10	
11	
12 afternoon	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

**p158 – Things that make me feel good**

Write down the activities, people or places that make you feel good.

1
2
3
4
5
6

**p159 –Things that make me feel unpleasant**

Write down the activities, people or places that make you feel unpleasant.

1
2
3
4
5
6



**p160 – Things I would like to do**

Write down the things you would like to do, and the things you would like to do more often.

1
2
3
4
5
6

**p161 – Face your fears**

My challenge is:

Stage 1. Use the <b>small steps</b> to break down your challenge into easier stages.
My steps to success are:
Stage 2. What is your <b>copng self-talk</b> ?
Stage 3. Relax and imagine yourself being successful. Repeat your coping self-talk as you imagine successfully achieving your first step. Practice this a few times.
Stage 4. Choose a time when you will face your fear, relax and test it out. Remember to use your coping self-talk.
Stage 5. Praise and reward yourself for being successful.

### **p162 – Small steps**

Sometimes tasks or challenges seem too big. When this happens, we need to break them down into smaller steps. This will make each step more possible and help you to be successful.

What is your task or challenge?
Break your task or challenge down into smaller steps and write them down.

Now look at all of the above steps and arrange them in order of difficulty. Put the easiest ones at the bottom and the hardest at the top.

### **CHANGING YOUR BEHAVIOUR**

Start with the easiest step. Once you have been successful, move on to the next. Breaking tasks or challenges down into smaller steps can help you to be successful.

## **p163 – Dump your habits**

*Stage 1. Use **small steps**.* Write down all of your habits and put them in order, with those that are easiest to stop at the bottom, and those that are hardest to stop at the top.

My steps to success are:

*Stage 2. **Plan to be successful.***

What is the easiest habit to stop?

When will you try your challenge and dump this habit?

How will you keep calm?

What is your coping self-talk?

Do you need anyone to help you to dump your habits? Who can help?

*Stage 3. **Try it and dump your habit.*** Use the **Feeling Thermometer** on page 134 to keep rating how you are feeling.

*Stage 4. **Praise and reward yourself*** for being successful.

## Chapter 13 – Learning to Solve Problems

### **p174 – Identifying possible solutions**

<b>What is my problem?</b>

Write down <b>ALL</b> of the possible ways in which you can solve this problem. The idea is to try to find as many different solutions as possible.
--

<b>1</b> I could solve this problem by:
---

<b>2</b> OR
-------------

<b>3</b> OR
-------------

<b>4</b> OR
-------------

<b>5</b> OR
-------------

<b>6</b> OR
-------------

<b>7</b> OR
-------------

**p175 – Identifying possible solutions**

It is useful to find out how other people might solve this problem. Think of someone who you think could help, and ask them what ideas they might suggest.

I asked:
They suggested that I could solve this problem by:

**p176 – What are the consequences of my solutions?**

Write down your problem and list the different solutions you have identified. Think about the negative and positive consequences of each solution and write these down. When you have finished, look at your list and on balance choose the best solution for your problem.

My problem is:

<i>Possible solution</i>	<i>Positive consequences</i>	<i>Negative consequences</i>
1		
2		
3		
4		
5		
6		
7		

On balance, the best way of solving this problem is:

**p177 – Looking for solutions**

Write down your problem and fill in all the possible solutions you can think of.

<b>My Problem is:</b>
1
2
3
4
5
6



**p178 – Talk yourself through it**

If you find that the same problem occurs over and over again, then find out how someone else copes, watch them do it and then talk yourself through their plan for success.

What is my problem?
Who could I talk with who is successful?
How do they deal with this problem?
When can I watch them talk me through their plan?

**p179 – Talk yourself through it**

When shall I try to use this plan?
What will I say to myself?
How am I going to reward myself for being successful?
How did it go?

**p180 – Stop, plan and go**

Use the traffic lights to help you to plan how you will deal with your problem.

<b>STOP.</b> What is your problem?
<b>PLAN.</b> What is your solution?
<b>GO.</b> When will you try it out?