

# Stomp Out Thinking the Worst!

Over estimating threats, the worst that can happen, danger and exaggerating negative outcomes is harmful to anxiety. These types of thoughts need to be replaced with more productive and positive thoughts.

Example: First Day of My New School

Thought: I won't know anyone, people will tease me. I won't like it.

Replace with: I can do this, I'll smile more and I will make new friends. I CAN do this! I will make the best of it.

## Task:

Provide 2 examples of when you felt very worried or stressed. Explain how your thoughts weren't helpful and suggest thoughts could have helped instead. What talk in your mind needs to be stomped out?

