

Level 4: IN THE TALENT SHOW



See if you can challenge anxious thoughts and use coping thoughts in different situations when you might be “feeling frightened” or “expecting bad things to happen.”



Use this page of your Go-To-Gadget to remind you about coping thoughts (☆).



Practice for Level at Camp Cope-A-Lot

In Level 4, you will use coping thoughts to help others feel less anxious in different situations.

This week, try to use coping thoughts in different situations when you might be “expecting bad things to happen”.

Feeling frightened?

☆ Try Relaxation.

Expecting bad things to happen?

☆ Don't fall into a thinking trap! Use coping thoughts.

How you **think** about the situation influences how you **feel** in the situation.

	THINKING TRAPS	COPING THOUGHTS
	Thinking you have to be perfect.	We're human. Nobody's perfect!
	Expecting the worst will happen.	It's almost never as bad as “the worst”.
	Thinking it's better not to try.	If I don't try, I'll never know.

Level 4: IN THE TALENT SHOW (continued)



Write about a time when you used a coping thought this week to help you when you were feeling anxious.



FOR EXAMPLE:

I got nervous at school before taking a test. I was feeling frightened because I was thinking I wouldn't get the grade I wanted. So, I thought to myself, "Nobody's perfect!" and I tried my best.
