# Thinking About Thinking

Talking about thoughts can help us identify which thoughts are helping us and which are hurting us and need to be changed. We can't just let our thoughts boss us around! We can use caution when troubling thoughts show up and decide what we will do with them. If we let troubling thoughts stick around and grow stronger, they will start to boss us around (even when they aren't true). If we catch these troubling thoughts early, we can decide to put our attention toward things that are TRUE and help us feel better. We can talk about these different types of thoughts as GREEN (true thoughts that can help us feel confident and capable to face challenges "even if" they come), YELLOW (caution thoughts that spark thinking and feeling that leads us to sometimes get stuck in our worry, fear, sadness and anger) and RED (thoughts that are not true or half true and they leave us feeling miserable).
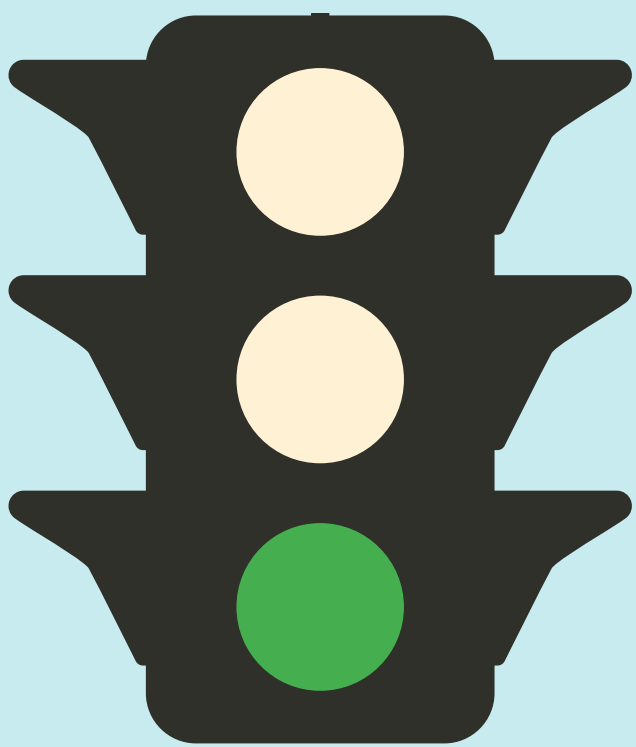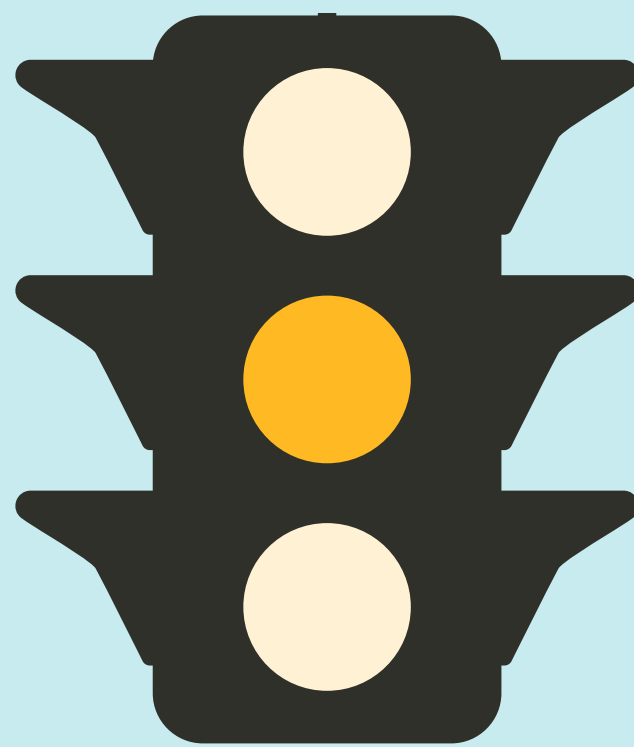
GO

These thoughts are more true than my red thoughts. Green thoughts help me remember I can handle challenges.

Even if...

I'll ask for help.

I'm not alone.
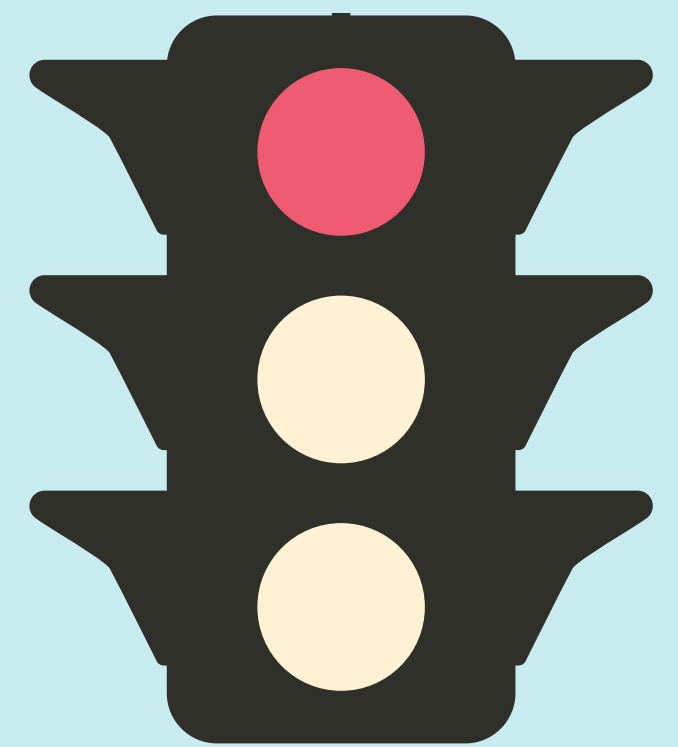
I'm not trapped in this situation.

CAUTION

These thoughts pop in my mind and I know if I keep them around I'll feel worried/scared/sad. I need to use caution and decide what to do with these thoughts.
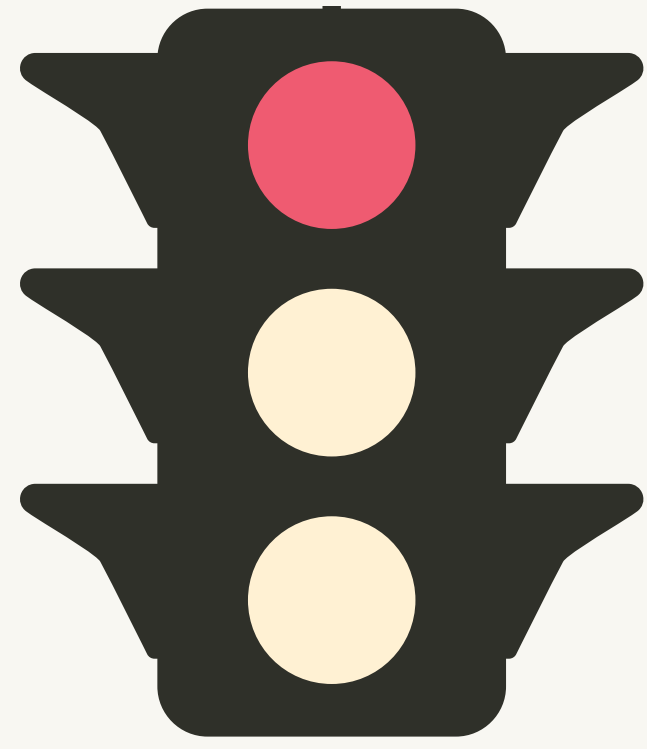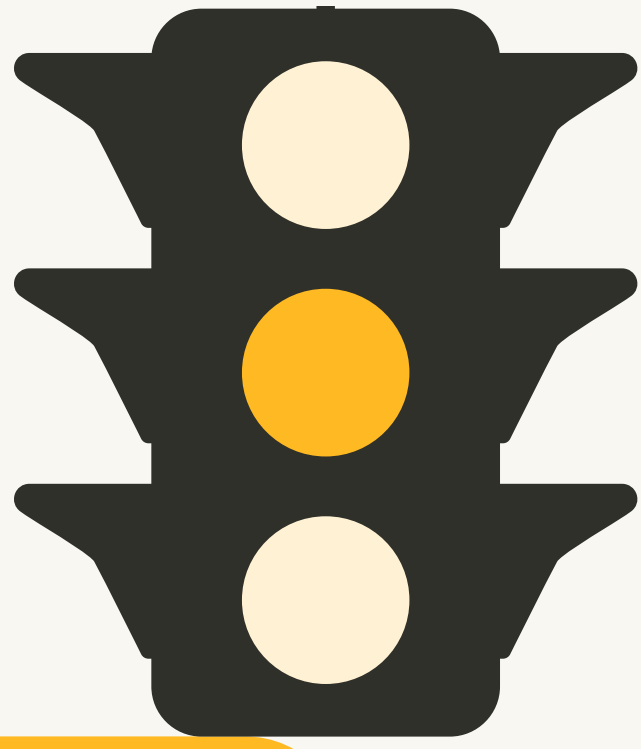
What if?

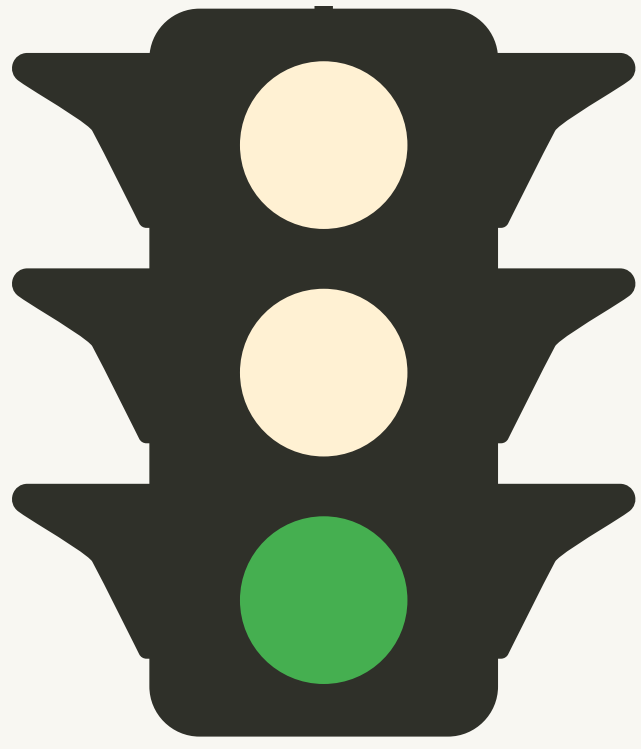Oh no!

This might be bad.

STOP

I'm stuck thinking about all the ways this will be bad! The more I think about it the more I feel worried, scared, sad, angry, etc.

This will be bad.

I can't do it!

It's all up to me.

I'll never figure it out.

Green

I'll figure it out.

I'll ask for help.

I'm not the only one.

I'll talk to someone about this.

If it happened I'd feel ___, but I could survive.

I don't have to do this alone.

I can do challenging things.

Here are the ways I would handle this challenge:

There are people who care about me & they'll help me.

I'd prefer not to have to face this challenge, but even though it's hard and I may feel ____ I can do it.

Yellow

Maybe I'm not ok...

What will people think?

Do people care?

Can I do this?

Others are better than me.

What if I don't do well?

I'm not sure anyone can help me.

How can I prevent this worry from happening?

What if I have to feel an uncomfortable emotion?

That would be awful! I must prevent it!

Does anyone else think this?

Red

People will not like me...

There is no way out.

It will only get worse.

I can't tell anyone...

I can't feel < insert emotion>.

I'll never figure it out.

I'll never be as good as...

Things will get really bad if I don't do well.

The worst will probably happen!

I should avoid___ & make a plan so this worry doesn't happen!

This is too scary and hard for me to handle.

I can't do this and noone can help me.

Now, create your own red, yellow and green thoughts based on what you think about.

Remember:

Red-worries, fears frustrations...

Yellow-the first thoughts that trigger the worries, fears, frustrations

Green-the thoughts that can decrease the worries, fears frustrations