

SESSION

4

ANXIETY SYMPTOMS INTERVENTION


SESSION HANDOUTS

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HANDOUT 4.1

Applying Detective Thinking to Big Worries

During the last week you would have tried to apply your detective thinking to some of your worries. Now we would like you to try to use detective thinking on two of your biggest worries. Try to think of the two things that scare you or worry you the most and do one detective thinking form for each. There is lots of room for evidence on these ones.

 Realistic Thinking Detective's Evidence Sheet	
Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:

HANDOUT 4.1 (CONT.)




**Realistic Thinking
Detective's Evidence Sheet**

Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:


With these big worries, you may find that at first you worry ratings do not move too much but if you re-read the evidence several times over the next few weeks, you will find that slowly the worry ratings will come down.

Applying Detective Thinking to Other People's Worries

Everyone in the world worries, but you know how to make worries better using your detective thinking. So now you can help other people to discover realistic thoughts. Find two people, who are willing to tell you one of his or her worries, find out the event and the worried thought and then help them to discover evidence and come up with a new more realistic thought.

	<p>Realistic Thinking Detective's Evidence Sheet</p>
<p>Event What is happening?</p>	
<p>Thoughts What am I thinking?</p>	<p>Worry Rating:</p>
<p>What is the evidence?</p> <p>What are the facts?</p> <p>What else could happen?</p> <p>What happened when I worried before?</p> <p>What is likely to happen?</p> <p>What has happened to other people?</p>	
<p>What is my realistic thought?</p>	<p>Worry Rating:</p>

HANDOUT 4.2 (CONT.)

	<p>Realistic Thinking Detective's Evidence Sheet</p>
<p>Event What is happening?</p>	
<p>Thoughts What am I thinking?</p>	<p>Worry Rating:</p>
<p>What is the evidence?</p> <p>What are the facts?</p> <p>What else could happen?</p> <p>What happened when I worried before?</p> <p>What is likely to happen?</p> <p>What has happened to other people?</p>	
<p>What is my realistic thought?</p>	<p>Worry Rating:</p>

Were you able to be someone else's "coach" and help him/her to come up with a new thought? Bet you never thought that you were such an expert!

HANDOUT 4.3

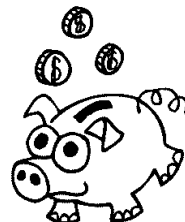
Rewards

This week we are going to learn about rewards. Rewards are an important step in coping with anxiety.

What do you think a reward is? _____

See how many different rewards you can think of? List as many as you can.

Did you think of these ones?

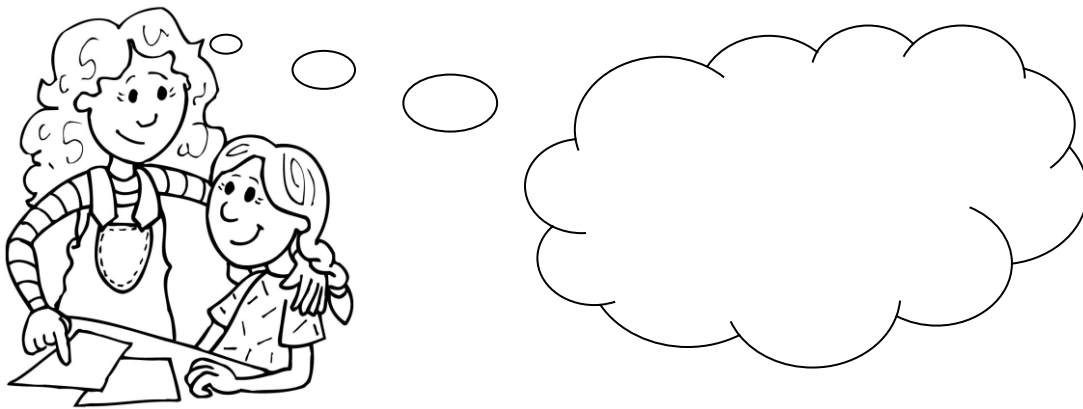


Remember, rewards are not only money and other material things. They can also be special time with people, activities or outings, not having to do things you don't enjoy and getting extra time to do the things that you like to do.

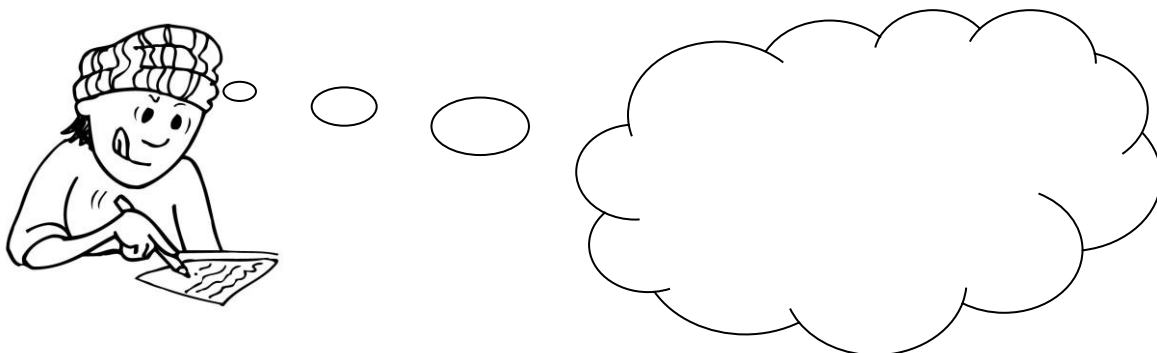
What is Rewarding Yourself?

Did you know that you can reward yourself? This sounds a bit silly at first but it is possible. When you do something for yourself or for other people, you can rate yourself on how good a job you do. Then you can say something to yourself like, "Hey, I did a good job!" This is called **self-talk rewards**. You can also let yourself do some special things that you enjoy doing. You might spend some extra time reading your favorite book or you could call a friend.

Try this example. Jessica just helped her friend to do a difficult math problem. What could Jessica say to herself to reward herself for being a help to her friend?



What about this one. George has spent all week studying for his science test. When the teacher gives it back to him, his mark is 6 out of 10, which is an OK mark — not a perfect mark, but not terrible either. What could George say to himself?



Sometimes even when we try really hard, we don't do as well as we had hoped. BUT, it's important to reward ourselves for the effort that we put in. Sometimes trying hard is even more important than the success we achieve. So remember to reward yourself for trying hard as well as for the good things.

Rewards for Trying Hard

The great thing about being a kid is that there are people around us who often give us rewards when we do things well. People like moms and dads, grandparents and teachers all give us rewards from time to time.

Pretty soon you will be starting to face your fears and this is going to take some really big efforts! So we need to work out what type of rewards you would like to work for. Then we can talk with your parents about which effort will lead to which reward.

On this page write down some ideas for rewards that you might like to talk about.

Fun things I can do with my family...


My parents telling me ...

Special activities I can do at home ...

Things I would like to work towards...

Practicing Detective Thinking

This week you should also keep practicing your detective thinking whenever you find yourself getting worried. Practice as many times as you need to.

 Realistic Thinking Detective's Evidence Sheet Practice #1	
Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:

HANDOUT 4.6b (CONT.)



**Realistic Thinking
Detective's Evidence Sheet
Practice #2**

Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:

HANDOUT 4.6b (CONT.)



**Realistic Thinking
Detective's Evidence Sheet
Practice #3**

Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:

HANDOUT 4.6b (CONT.)



**Realistic Thinking
Detective's Evidence Sheet
Practice #4**

Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:

HANDOUT 4.6b (CONT.)



**Realistic Thinking
Detective's Evidence Sheet
Practice #5**

Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating: