

Inside and Outside

Worksheet

This exercise can help kids compare how they think, feel, and behave when they are struggling with an emotion, to how they might think, feel, and behave if their thinking were to change.

It can help children to understand the value of modifying their thinking to make it more positive, while helping parents and other family members understand what the child is going through.

This exercise has 3 steps; you can use these instructions to guide your child through the activity.

1. **Finish the sentence in gray by writing a feeling** that you sometimes experience. Remember a time when you feel this emotion.
2. **Fill in the boxes and bubbles on the left.** Write what you think, how your body feels, and what you do when you felt this way at that time.
3. **Now, imagine that you are still in the same situation, but you think something else instead.** Fill in the new thought on the right hand side and work down to record the way you believe you would physically feel and act.

When I Feel...

I think...

I think...

My body feels...

My body feels...

I act this way...

I act this way...