

What to Do When You Have Scary Thoughts

You may sometimes have scary thoughts. Sometimes these thoughts or memories enter your mind, even when you don't want them to.

This worksheet is designed to help you understand and cope with scary thoughts. Remember, everyone has scary thoughts from time to time, and it's normal to feel scared or worried.

Take your time and be honest with yourself as you answer the questions and complete the exercises.

Recognizing Scary Thoughts

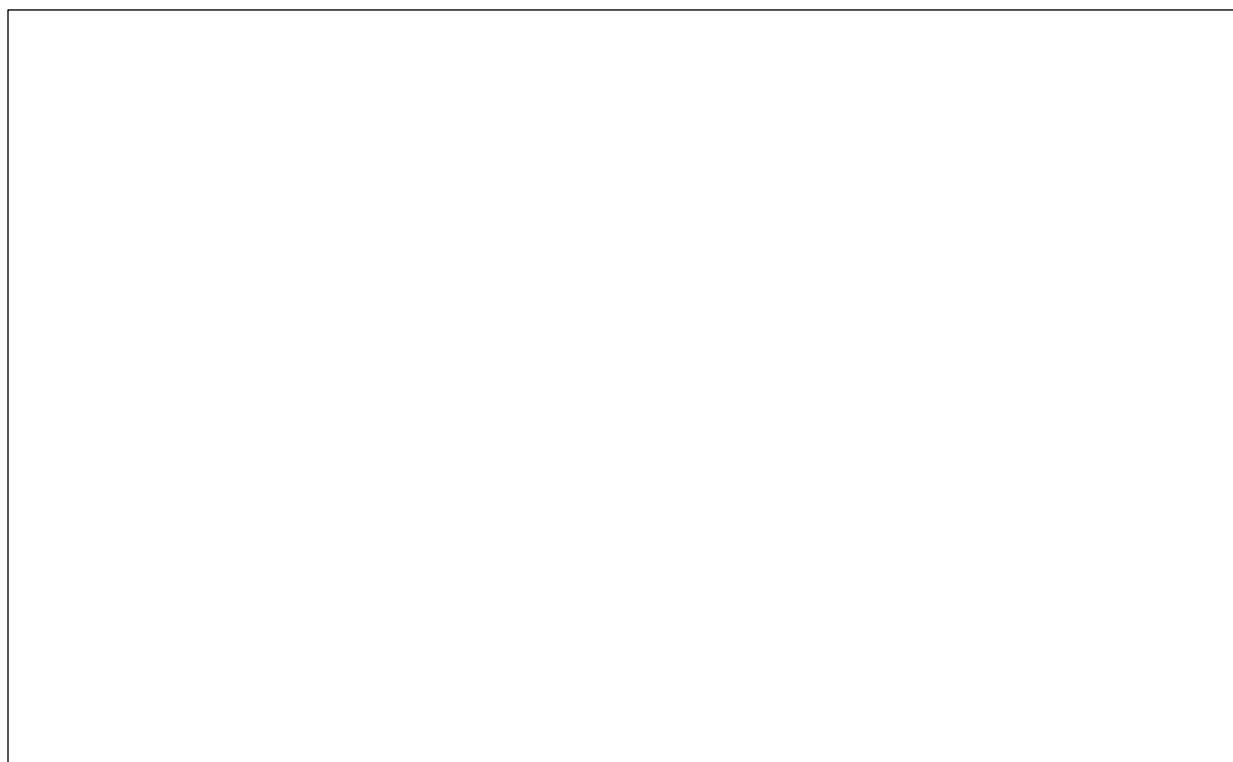
a) Write down three scary thoughts that you often have. For example, "Something bad will happen to my family," "A monster is hiding in my closet," or "I am going to fail my test."

Scary Thought: _____

Scary Thought: _____

Scary Thought: _____

b) Circle the thought that makes you feel the most scared or worried. Draw a picture of this thought in the space below.



Answer the following questions about the scary thought.

Is this thought realistic or unrealistic? (Circle one)

Realistic: The thought could happen in real life.

Unrealistic: The thought is highly unlikely or impossible.

What evidence supports this thought? Write down any examples or reasons.

What evidence contradicts this thought? Write down any examples or reasons.

Now, practice with three more scary thoughts.

Scary Thought: _____

Realistic or Unrealistic? (Circle one)

Evidence supporting this thought: _____

Evidence contradicting this thought: _____

Scary Thought: _____

Realistic or Unrealistic? (Circle one)

Evidence supporting this thought: _____

Evidence contradicting this thought: _____

Scary Thought: _____

Realistic or Unrealistic? (Circle one)

Evidence supporting this thought: _____

Evidence contradicting this thought: _____

Challenging Scary Thoughts

Take one of the scary thoughts you listed and think of an alternative, more realistic thought. For example, if the scary thought is "Monsters are hiding under my bed," the alternative thought could be, "My room is safe, and there are no monsters hiding under my bed."

Scary Thought: _____

Alternative Thought: _____

Write down three reasons why the alternative thought is more realistic.

Reason: _____

Reason: _____

Reason: _____

Coping Strategies

List three strategies or activities you can use when you have scary thoughts to help you feel better and manage your fears. For example, you might:

- take deep breaths.
- talk to a trusted adult.
- imagine a safe, happy place, and pretend you are there.
- imagine your favorite superhero fighting off the scary thought or memory.
- start doing something you enjoy.
- distract yourself with a favorite hobby.

Coping Strategy: _____

Coping Strategy: _____

Coping Strategy: _____

Choose one coping strategy from the list, circle it, and describe how you would use it in a specific situation when you have a scary thought.

How would you use it? _____

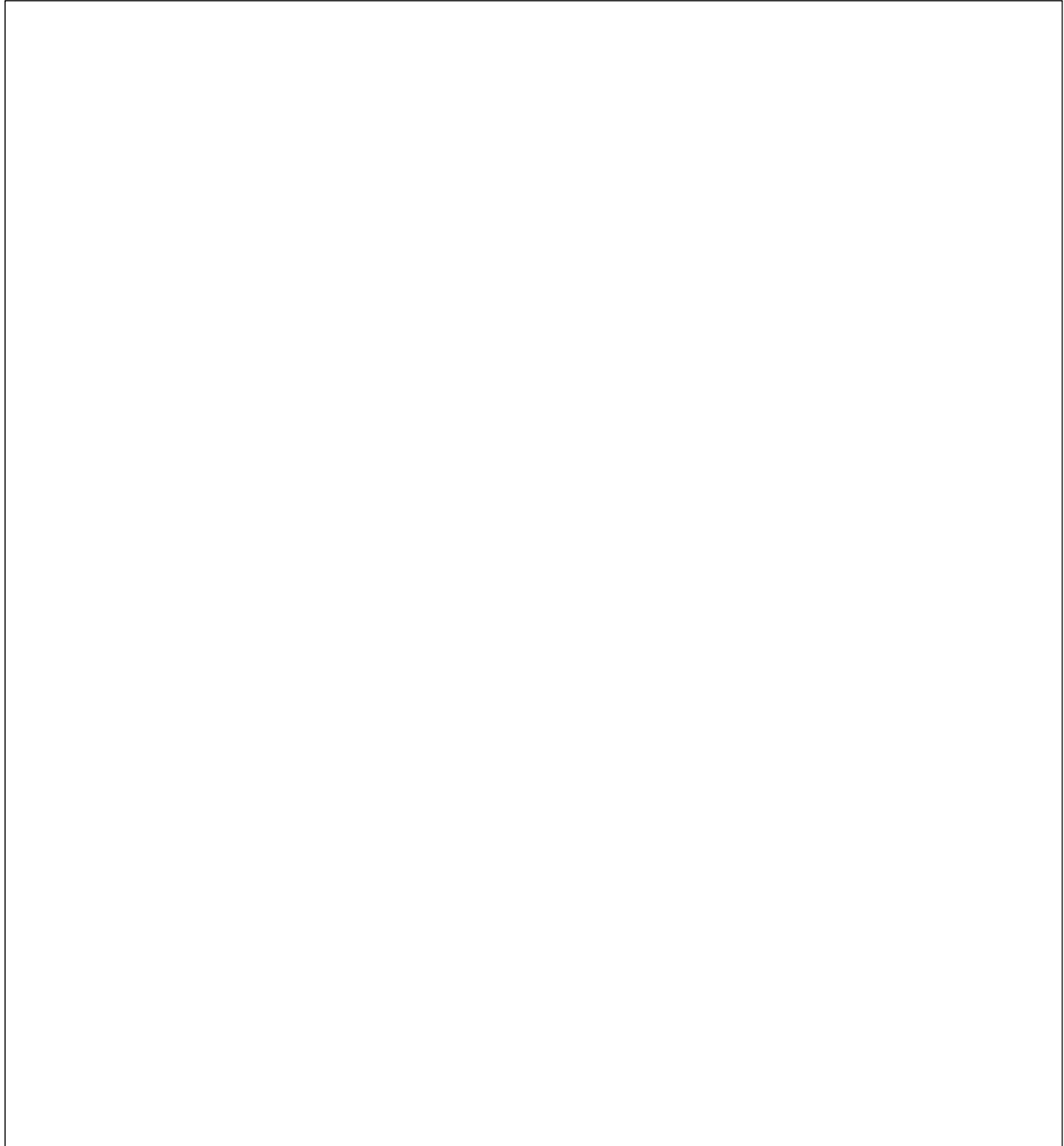
Write down three positive statements that can help you feel safe, calm, and confident when scary thoughts arise.

Positive Affirmation: _____

Positive Affirmation: _____

Positive Affirmation: _____

As you can see, there are many ways you can help yourself when you have scary thoughts. Choose one coping technique and draw a picture of yourself using this idea.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the lower half of the page.