Exercise 1: What is worry?

1. Fill in the blank: Worry = _____

   a. Better sleep
   b. Protection
   c. Annoyance
   d. None of the above

2. When should the worry alarm go off?

   a. Whenever it wants to go off.
   b. When there is present danger.
   c. When there is future danger.
   d. It should never go off.

Exercise 2: In what situations would the worry alarm be useful to protect you? *(Choose as many as apply.)*

- Standing too close to a hot stove.
- Giving a speech.
- Crossing the street when a car is racing by.
- The first day of school.
- My mom or dad going somewhere without me.
- Thinking about the door being unlocked at home.
- Going to bed at night.

- Standing close to sharp scissors.
- Going to school.
- Going to a party.
- Hanging out in a crowded place like a mall.
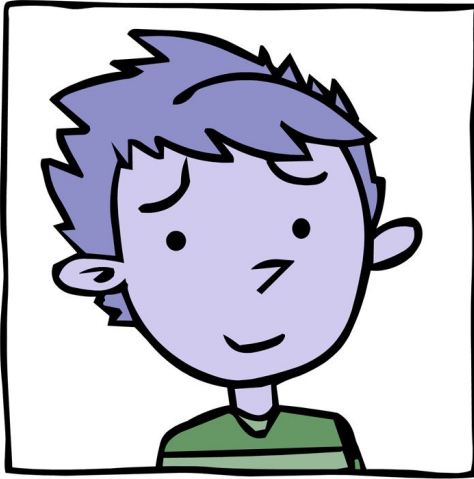- Can you think of other situations?

Exercise 3: What kinds of things worry you?

Do you usually worry about these when they are actually happening in the *present*, when you think about them happening in the *future*, or *both*?

What things or events make you worry?	✓ I worry <u>in the present</u> Put a checkmark here if your worry alarm goes off only when this event is actually happening.	✓ I worry <u>about the future</u> Put a checkmark here if your worry alarm goes off when you just *think* about this event happening.
Example: Being close to a dog.	✓ My worry alarm goes off when I see a dog.	✓ My worry alarm goes off when I think about seeing a dog.
Example: Making new friends.	✓ My worry alarm goes off when I go to parties and have to talk to new people.	✓ My worry alarm goes off when I am just thinking about making new friends.

What things or events make you worry?	✓ I worry **in the present** Put a checkmark here if your worry alarm goes off only when this event is actually happening.	✓ I worry **about the future** Put a checkmark here if your worry alarm goes off when you just *think* about this event happening.

Exercise 4: How well do you know worry?
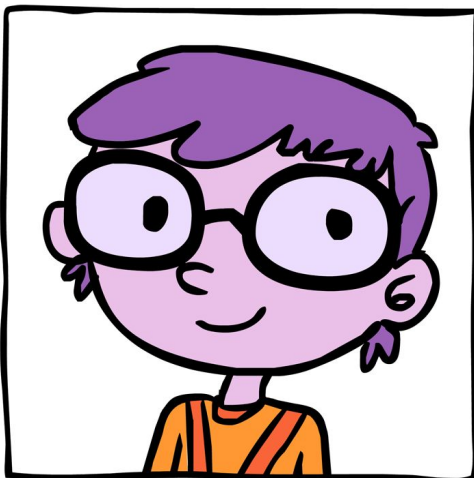
1. **Why does Widdle put you on alert?**

    a. To annoy Til

    b. For no reason at all

    c. To protect you

    d. It's his hobby

2. **Why do some youthlings worry more than others?**

    a. Because Til isn't doing his job

    b. Because Widdle is overreacting

    c. Because they're in more danger

    d. Because they are cavemen

3. **What is Til's main job?**

    a. To help you survive

    b. To live in the old brain

    c. To put you on alert

    d. To help you think logically

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Exercise 5: Whose main job is it to do these things?

When this happens...	Widdle the Worrier in the Old Brain	Til the Thinker in the New Brain
Thinking about the future		
Looking out for danger		
Speaking and reading words		
Thinking about the past		
Problem solving		
Feeling happy or sad		
Turning on the Worry Alarm		
Reasoning		
Imagining things		
Evaluating solutions to problems		
Sending energy into the body to fight or run away from danger		

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Exercise 1: What happens to your mind/body when Widdle puts you on alert? *(Search for answers in the word cloud.)*

Til's systems shut down
Receive extra oxygen
Sleepiness   Rapid heartbeat
Become funnier
Unnecessary systems shut down
Rapid breathing
Muscles get ready
Body speeds up
Get taller   Grumbling
Angriness
Trembling   Sweating
Body cools down

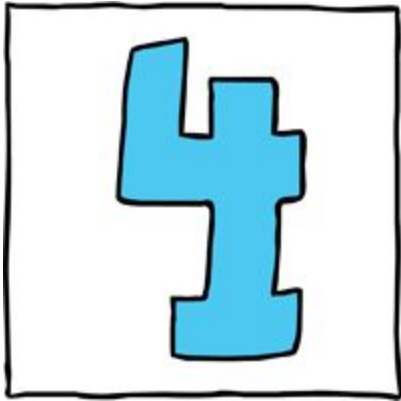Exercise 2: What happens when you have a false worry alarm? Fill in
the empty boxes below!

Worried Thought

Nowhere for the Energy to Go
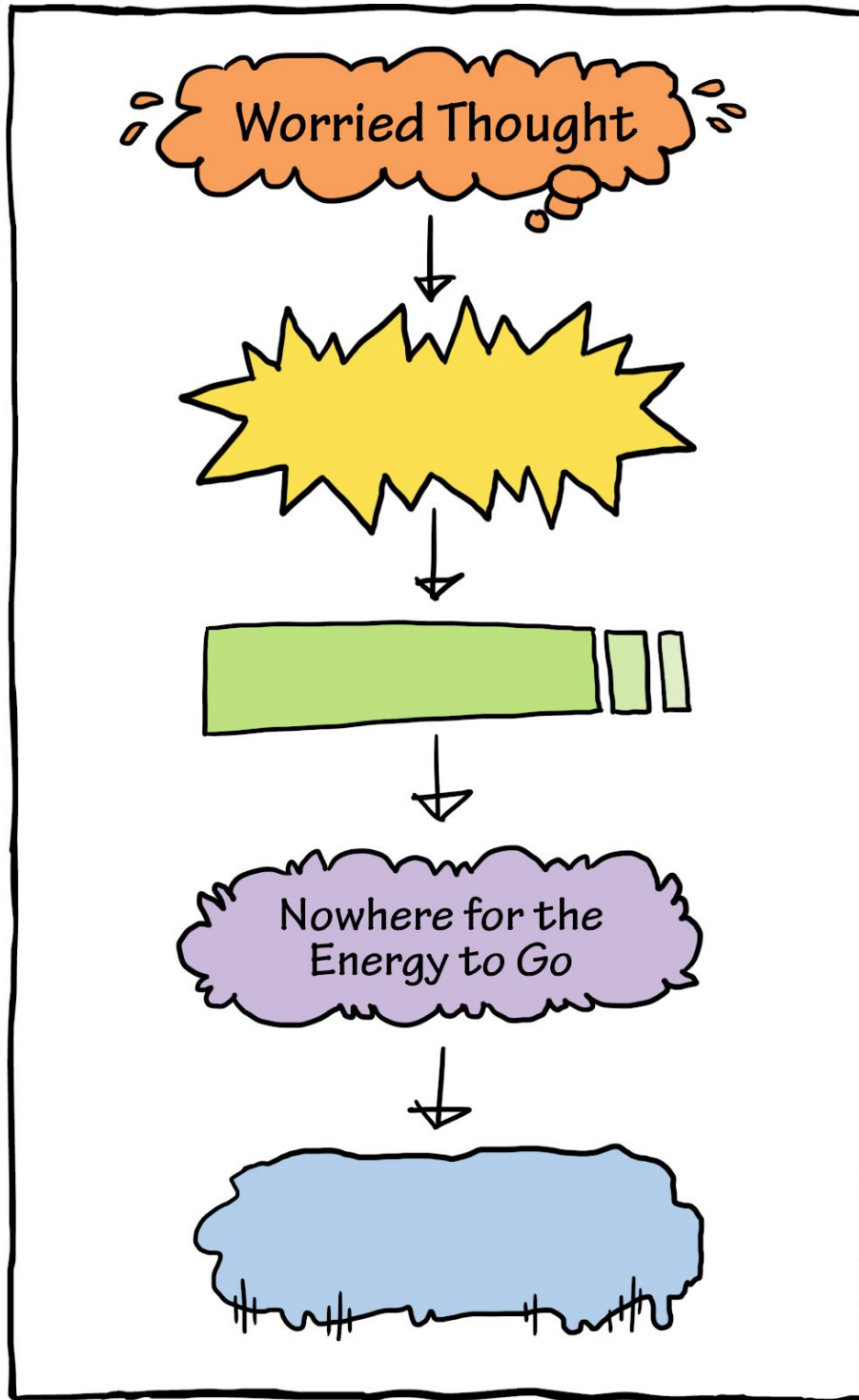
## Exercise 3: In 4–7–8 breathing, what do you do for each step?

Next to each number below, write what type of breath (in, out, or hold) and through which part of your face (nose or mouth) you should breathe:

Exercise 4: What would your room or favorite quiet place look like if you used GoFreeze!?

1. Draw a picture of it on a piece of paper.
2. Close your eyes and envision it.

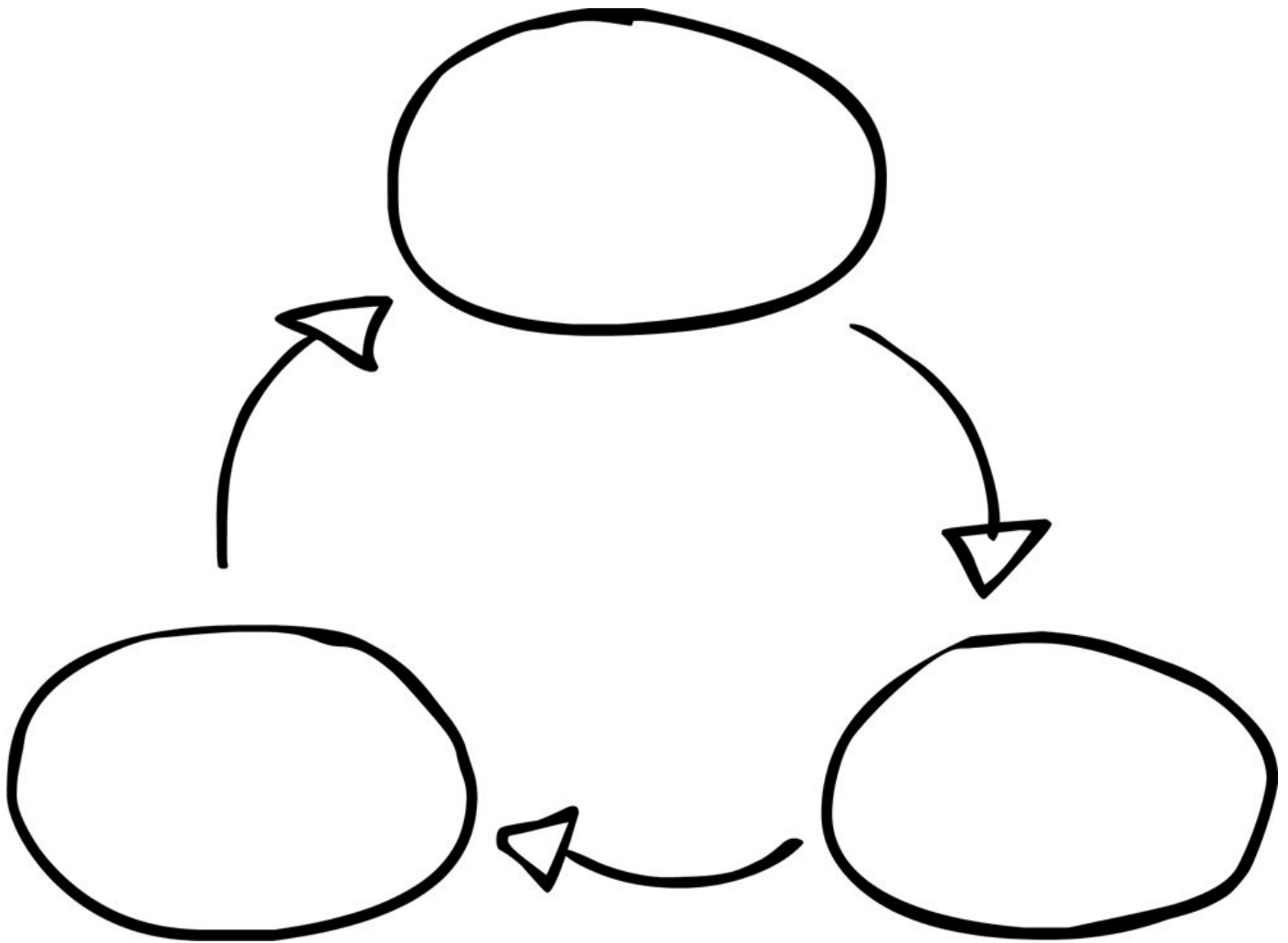## Exercise 5: Try 4–7–8 breathing 2x per day for the next week!
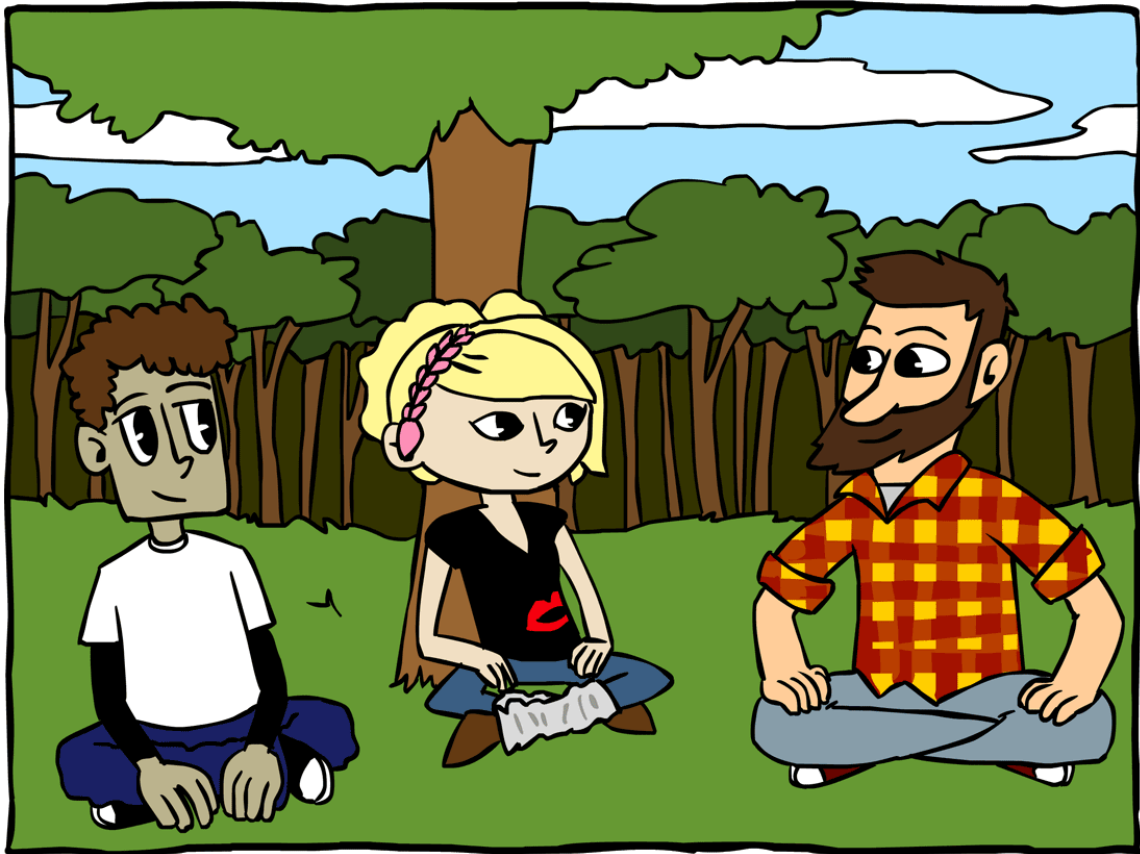
Bonus! Watch the 4-7-8 animation with all your favorite characters here:

https://www.gozen.com/animation/4-7-8-breathing/

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Exercise 1: Why does avoiding things that worry you cause you to worry more?

Fill in the cycle below:

Exercise 2: What have you been avoiding?

1. Have you been **avoiding** anything recently? Write down something you've been avoiding here:

2. Now, take a look at what it is you've been avoiding. What kind of worry link did Widdle make that caused you to start avoiding?

Exercise 3: Laddering!

Now, use the steps you outlined on the previous page to set up your **GoLadder!** Draw a ladder that has as many rungs as you have steps. Put your first step on the bottom rung, your second step on the rung second from the bottom, etc. Put your BIG goal on the very top.

If you think about taking steps towards your goal like taking steps on a ladder, you'll get to the top before you know it!

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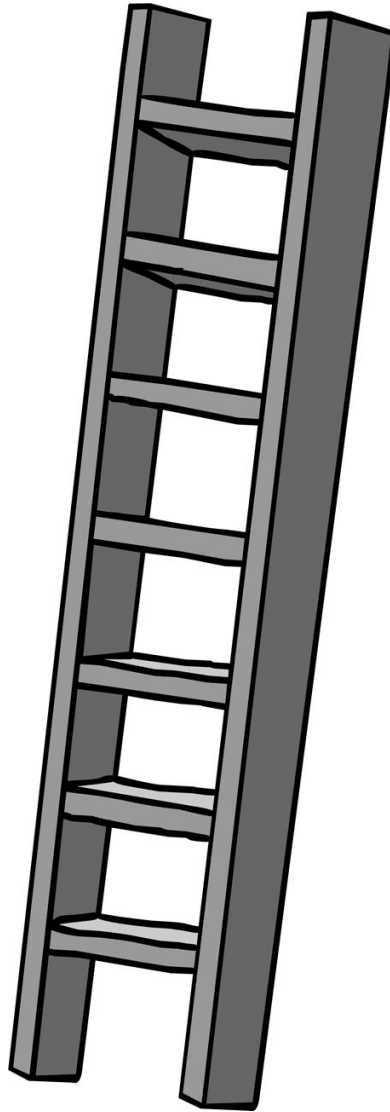
Exercise 4: What Iffing!

It's okay to think about the future, but it's not good to let your worries take over. **What Iffing can cause panic when there's no *present danger*.** If there's no present danger, Widdle's not supposed to put you on alert.

Widdle is supposed to be in charge of "What is" to protect you from things happening right now. The problem is, when Widdle sees "What if" thoughts, he treats them like "What is" thoughts! This is why you sometimes panic even when there's no immediate danger!

Til should be in charge of "What if" thoughts. After all, Til has a super cool trick to help you answer them!

Write down several "What If" thoughts that turn your worry alarm on:

1.

2.

3.

4.

5.

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Now, choose one of your What If thoughts, and fill out the **Best Case –**

Worst Case – Most Likely grid below:

Best Case Scenario	Worst Case Scenario	Most Likely Outcome

Exercise 5: The Worry Box!

Find a box and decorate it with different words and symbols that represent Widdle the Worrier, worried thoughts, looping, What Iffing, etc. This is now your "worry box."

You are going to designate a time each day for 15 minutes to write down all your worries, big and small, and place them in this box—this is called "worry time." During worry time, you can worry about anything you want to worry about. When the 15 minutes is up, you're going to close up the box and revisit it the next day.

Any time you have a worry during the day that is not during these 15 minutes, you'll tell Widdle the Worrier that he will have to wait for worry time to worry. All other times are for Til the Thinker to think about things logically.

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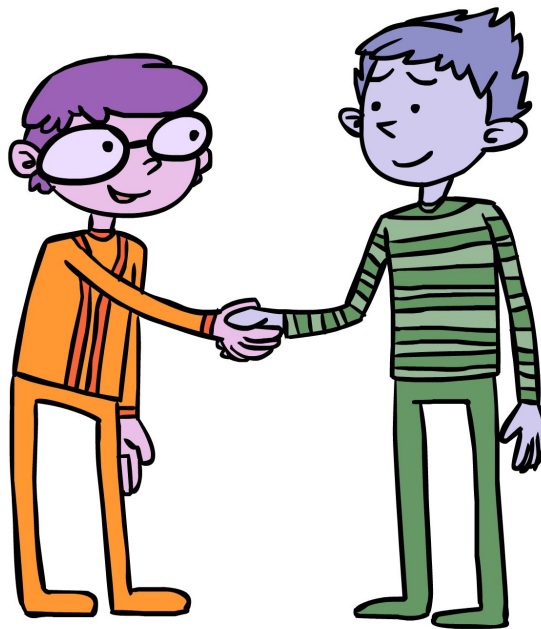
Exercise 6: Looping!

Sometimes you have the same worried thought playing over and over again like a broken record. This is looping! In this case, Widdle is making you focus on what he believes to be "danger."

To help you stop looping, you can talk to Widdle the Worrier and help Widdle see there is nothing to really worry about!

1. First, identify the last time you had a looping thought. What were you thinking?

2. Now, write a letter to Widdle the Worrier explaining why there is no reason for Widdle to put the worry alarm on. Even if this thought is a real problem, Til the Thinker can help you work through it.

Dear Widdle the Worrier,

Exercise 1: How much do you know about ThoughtHoles?

Try testing your knowledge against a few questions. If you don't think you're ready, you can go back and review some more—but once you start, try your best to answer everything from memory!

1. **What is a ThoughtHole?**

    a. A ThoughtHole is when you forget something.

    b. A ThoughtHole is when you trip on something that's not there.

    c. A ThoughtHole is what happens when you have a problem.

    d. A ThoughtHole is a thinking mistake.

2. **What is Leapfrogging?**

    a. Only seeing the negative in a situation, and ignoring the positive.

    b. Thinking about problems in terms of always and never.

    c. Jumping to conclusions.

    d. Making up facts based on your mood instead of logic.

3. **What is Gigantifying?**

    a. Thinking about problems in terms of always or never.

    b. Jumping to conclusions.

    c. Making problems seem bigger than they actually are.

    d. Only seeing the negative in a situation, and ignoring the positive.

4. What is Extremifying?

   a. Thinking about problems in terms of always or never.

   b. Making up facts based on your mood instead of logic.

   c. Making problems seem bigger than they actually are.

   d. Only seeing the negative in a situation, and ignoring the positive.

5. What is Moodeasoning?

   a. Making problems seem bigger than they actually are.

   b. Thinking about problems in terms of always or never.

   c. Jumping to conclusions.

   d. Confusing your feelings with facts.

6. What is Keyholing?

   a. Making up facts based on your mood instead of logic.

   b. Only seeing the negative in a situation, and ignoring the positive.

   c. Making problems seem bigger than they actually are.

   d. Jumping to conclusions.

GoZen! - www.GoZen.com
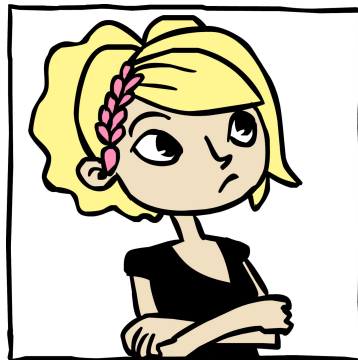
Exercise 2: Which ThoughtHole fits best?

"Hey Nelly, is something wrong?" Sam asked as he sat down with her in the cafeteria. "You look a little upset."

"Oh Sam, it's just, ugh…" Nelly frowned. "See, I got back the history test Ms. Crabtree gave us the other day, and I totally screwed up the multiple choice section! I can't believe it… this will ruin my grades for the semester! I'll NEVER get into a good college now."

1. What ThoughtHole has Nelly fallen into? _____

Sabrina was sitting on the couch, getting ready to watch her favorite show, when her mother walked in and turned off the TV. "Sabrina, honey," she said, "I need you to finish your homework before watching any more TV."

"But mom, I always finish my homework on time!" Sabrina exclaimed. "And this is a new episode! This is so unfair! Everyone at school is watching this show… if I don't know what happens, then no one is going to talk to me tomorrow. No one! Why do you have to ruin my social life like this?!"

## 2. What ThoughtHole has Sabrina fallen into? _____
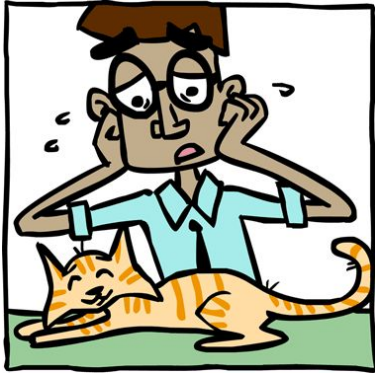
Mr. Diddlydoo thought his cat, George, had fleas so he took him to the vet. The vet told him that George was perfectly fine and did not have fleas. Mr. Diddlydoo was still worried and told the vet, "Well, some fleas are so small they're invisible."

"That's not true, Mr. Diddlydoo," replied the vet, shaking her head.

Mr. Diddlydoo said, "Yes, it is. Yes it is. Fleas also know when you're looking for them so they hide by disguising themselves as hair follicles. Can you please check George for fleas again?"

3. What ThoughtHole has Mr. Diddlydoo fallen into? _____
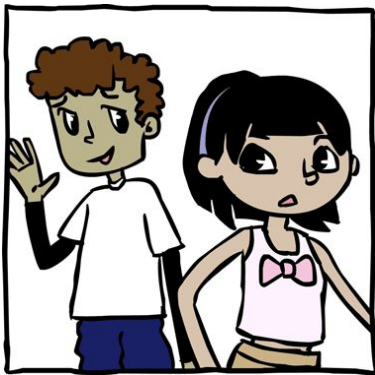
Tomas had a really big crush Sabrina, but he was way too embarrassed to talk to her. His friend Sam told him to just ask her to hang out.

So, one day Tomas saw Sabrina in the hall and said "Hey, um, Sabrina…" But before he could get the rest out, she walked right past him.

"She thinks I'm a loser," Tomas thought as he walked home from school, *"This is such a disaster!"*

4. What ThoughtHole has Tomas fallen into? _____
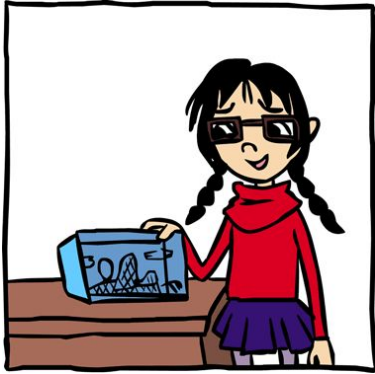
One thing Yoon-hee was really scared of was public speaking, so she wasn't very happy when Ms. Crabtree assigned everyone a project to present in front of the whole class. On the day of her presentation, Yoon-Hee nervously began to explain her presentation model to everyone.

To her surprise it was actually going well! Ms. Crabtree and the whole class were hanging on her every word.

But then Yoon-Hee noticed that Lisa was falling asleep. "*Oh no,*" she thought, "*Am I really that boring?*" Then she saw Norma texting under her desk! "*I knew this was going to turn out awful!*" She rushed through the rest of her presentation and hurried back to her desk, not even noticing the rest of the class applauding wildly.

5. What ThoughtHole has Yoon–hee fallen into? _____

Exercise 3: Have you fallen into ThoughtHoles?

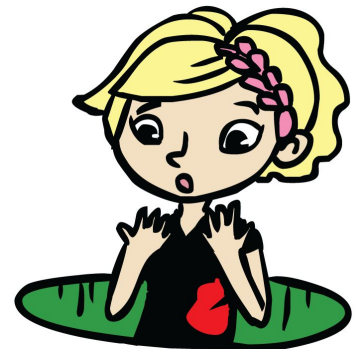Try your best to think of an example for each from your own life!

Leapfrogging (jumping to conclusions)

Keyholing (only noticing the negatives)

Moodeasoning (reasoning with emotions)

Extremifying (thinking in extremes)

Gigantifying (blowing things out of proportion)

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Exercise 1: Guess the tool!

You can use the 5Cs to discover and climb out of any ThoughtHoles you may fall into. Fill in the name of each tool below.

1. Use this tool to grab your thought. Try to get exactly what is going through your head when you're worrying without editing your thoughts.
    What is this tool called? _____

2. Use this tool to examine the thought you just caught with the GoCatch! tool. You are going to see if there are any obvious ThoughtHoles that you've fallen into.
    What is this tool called? _____

3. Use this tool to gather evidence about your situation. Place positive information about the situation into the green bucket and negative information into the red bucket. Don't judge the evidence, just place it in the buckets for now.
   **What is this tool called? _____**

4. Use this tool to debate for and against your original thought, using the evidence you gathered. Remember, have a fair fight with yourself!
    What is this tool called? _____

5. Use this tool to transform your original thought into a more accurate and realistic picture of what is going on around you. This is not about false optimism, this is about being accurate and flexible in your thinking!
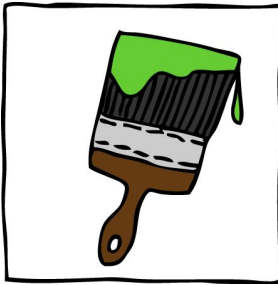   **What is this tool called? _____**

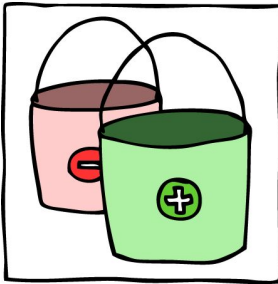## Exercise 2: Put the tools from the 5Cs in the correct order:
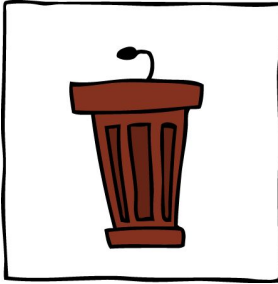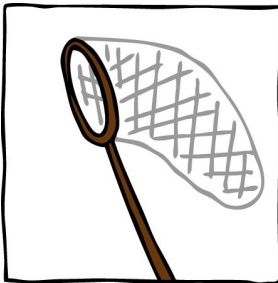
Step #:
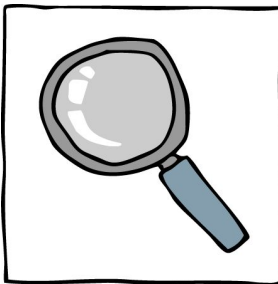
Tool Name:

Step #:

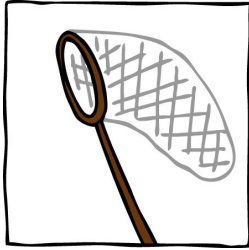Tool Name:

Step #:
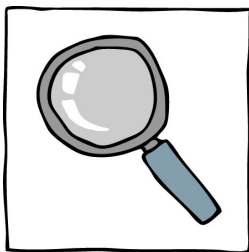
Tool Name:

Step #:

Tool Name:

Step #:

Tool Name:

Exercise 3: Practice using the 5Cs!

It's time for you to go through the 5Cs yourself. You can do this exercise based on something that you worried about recently.

Step 1: GoCatch!

What is your thought?

Step 2: GoCheck!

Examine your thought to check for any obvious ThoughtHoles. Circle whichever one you think applies. It's ok if you're not sure yet, it can be difficult to identify your own ThoughtHoles at first.

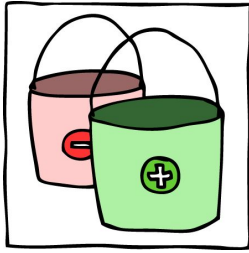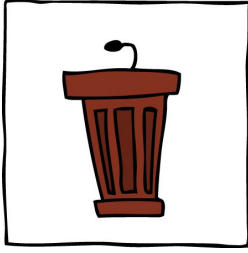|		
Leapfrogging	Gigantifying	Keyholing
Moodeasoning	Extremifying	Not sure

Step 3: GoCollect!

Collect evidence that either supports or disproves your initial thought. Remember, evidence that supports a positive viewpoint goes in the **+** bucket and evidence that supports a negative viewpoint goes in the **-** bucket.
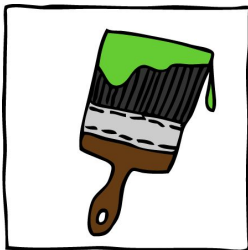
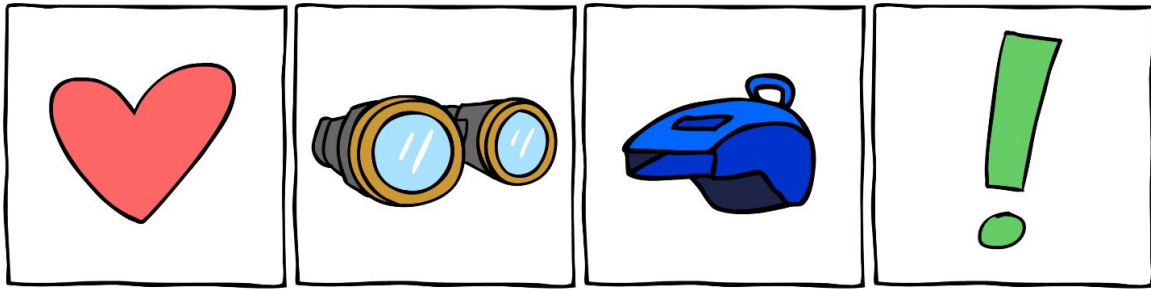| Positive (+)	Negative (–)

Step 4: GoChallenge!

Challenge your thoughts – debate yourself! What would you say to yourself if you were supporting a positive viewpoint? What would you say to yourself if you were supporting a negative viewpoint?

Step 5: GoChange!

Did your thought change? What is your new thought or belief?

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Extra Credit!

1. Do you still believe your thought was accurate?

2. Why did you originally think that?

3. Did you learn anything about your thoughts after examining all the evidence?

4. How did you like challenging yourself?

Exercise 1: Arrange the GoTools! in the correct order

Accept   Recognize   Freeze   Resolve

_____   _____   _____   _____

Exercise 2: The FARR Method!

Can you think of a situation when you were really worried? How would you have used the FARR method to calm Widdle down?

Exercise 3: The GoList!

Imagine Widdle the Worrier has turned your worry alarm on. How will you calm Widdle down? It's time to jump up and act it out. Can you show us how you will use the GoList! to calm Widdle down?