

Module 1: What is Worry?

Exercise 1: What is worry?

1. Fill in the blank: Worry = _____
b) Protection
2. When should the worry alarm go off?
b) When there is present danger.

Exercise 2: In what situations would the worry alarm be useful to protect you?

Below are the situations in which there might be present danger and worry would be useful to protect you. In all the other cases, you can use your logic to help you solve your problem and not worry.

- Standing too close to a hot stove.
- Crossing the street when a car is racing by.
- Being close to sharp scissors.

Exercise 3: What kinds of things worry you?

It's great to be aware of what things worry you. In the next lessons, we're going to work on making sure worry is only used to protect you when there is present danger. If you start worrying even when you are just *thinking* about things, remember, you're going to get tools to reduce your worry!

Exercise 4: How well do you know worry?

1. Why does Widdle put you on alert?
c) To protect you
2. Why do some youthlings worry more than others?
b) Because Widdle is overreacting
3. What is Til's main job?
d) To help you think logically.

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	✓	

Module 2: Worry Affects your Body

Exercise 1: What can happen to your mind/body when Widdle puts you on alert?

- Your body speeds up... You might feel: Trembling
- Your body cools down... You might feel: Sweating
- Your muscles get ready... You might feel: Rapid heartbeat
- You receive extra oxygen... You might feel: Rapid breathing
- Unnecessary systems like digestion shut down... You might feel: A tummy ache
- Til's systems may shut down to focus... You might feel: It's hard to think clearly

Exercise 2: What happens when you have a false worry alarm?

Box 2: Worry alarm (false alarm)

Box 3: Energy boost

Box 5: Uncomfortable feelings

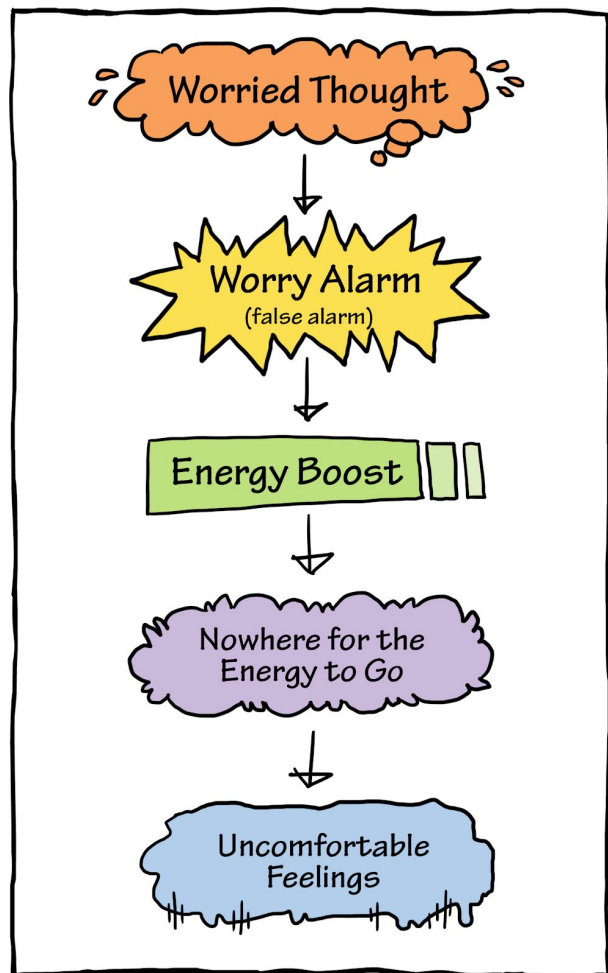
If your worry alarm goes off just from your simple thoughts and not from present danger, the energy that goes through your body has nowhere to go! This can cause uncomfortable feelings!

Exercise 3: In 4-7-8 breathing, what do you do for each step?

[4] Step 1: Breathe in through your nose for 4 seconds.

[7] Step 2: Hold in your breath for 7 seconds.

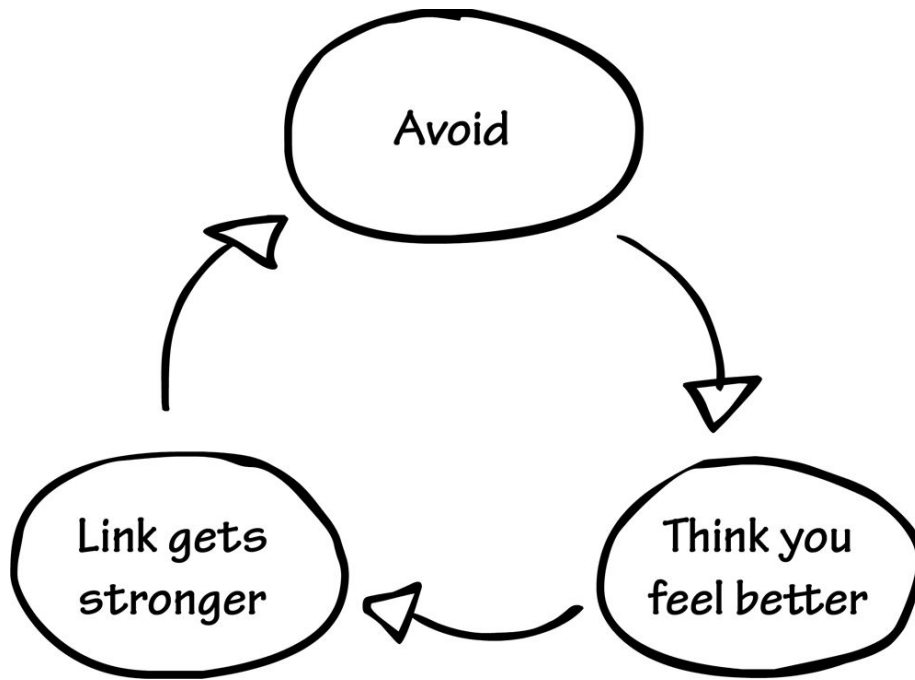
[8] Step 3: Breathe out through your mouth for 8 seconds (make a "whoosh" sound when you do it)!



Module 3: Worry Affects your Thinking

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

Avoiding people, places, and things creates worry links that make your worry worse!



Module 4: Watch out for ThoughtHoles!

Exercise 1: How much do you know about ThoughtHoles?

1. What is a ThoughtHole?
d) A ThoughtHole is a thinking mistake which causes you to not see things the way they really are.
2. What is Leapfrogging?
c) Jumping to conclusions.
3. What is Gigantifying?
c) Making problems seem bigger than they actually are.
4. What is Extremifying?
a) Thinking about problems in terms of always or never.
5. What is Moodeasoning?
d) Confusing your feelings with facts.
6. What is Keyholing?
b) Only seeing the negative in a situation, and ignoring the positive.

Exercise 2: Which ThoughtHole fits best?

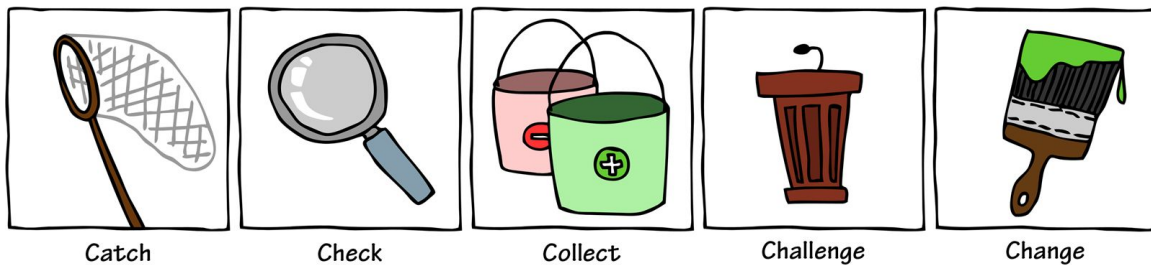
1. **Extremifying.** Nelly was *extremifying* when she said she would *never* get into college based on the results of one part of one test.
2. **Gigantifying.** Sabrina was *gigantifying* or her making a very little problem much worse than it actually was.
3. **Moodeasoning.** Mr. Diddlydoo was *moodeasoning* or confusing his feelings with facts. He made up “facts” because he really felt strongly his cat had fleas.
4. **Leapfrogging.** Tomas was *leapfrogging* to the conclusion that Sabrina thought he was a loser. There are lots of reasons why Sabrina may not have responded to Tomas.
5. **Keyholing.** Yoon-hee was *keyholing* or only noticing the negatives in her situation while ignoring the positive.

Module 5: The 5Cs Technique

Exercise 1: Guess the tool!

1. GoCatch!
2. GoCheck!
3. GoCollect!
4. GoChallenge!
5. GoChange!

Exercise 2: Put the tools from the 5Cs in the correct order - 4, 5, 3, 1, 2



Module 6: The FARR Method

Exercise 1: Arrange the GoTools! in the correct order - 2, 3, 1, 4

