

MEET WORRY MONSTERS!

Free Anxiety Worksheets & Coping Strategies for Kids and Teens

MEET WORRY MONSTERS

Sometimes, worries can trick our brains into thinking in unhelpful ways. Below are some worry monsters that sneak in and try to make us feel stuck. Let's meet them and see how they try to trick us!



MR. WHAT IF
Always worries about what might go wrong.
Example: "What if I don't know the answer when the teacher calls on me?"

MS. MIND READER
Thinks she knows what everyone else is thinking.
Example: "They are laughing, so they must be laughing at me."

CAPTAIN BLACK & WHITE
Believes everything is either all good or all bad.
Example: "If I am not the best, I must be the worst."

SIR BIG DEAL
Makes small problems seem huge!
Example: "I made a mistake, now everything is ruined."

PROFESSOR I CANNOT COPE
Says you are not strong enough to handle things.
Example: "I can't do this, it's too hard."

DR. STUCK IN THE PAST
Won't let go of past mistakes or worries.
Example: "I embarrassed myself last week, and everyone will remember it."

HAVE YOU MET A WORRY MONSTER?

Worry monsters love to trick us into feeling stuck. Can you remember a time when one of them tried to take over your thoughts? Let's defeat them!

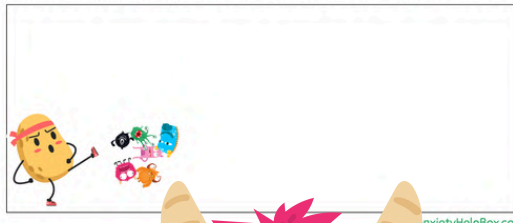
What was your worry? Write or draw your worry here:

Which worry monster tricked you? (Circle one or more)



MR. WHAT IF MS. MIND READER PROFESSOR I CANNOT COPE
SIR BIG DEAL CAPTAIN BLACK & WHITE DR. STUCK IN THE PAST

What could you say to stand up to your worry monster?



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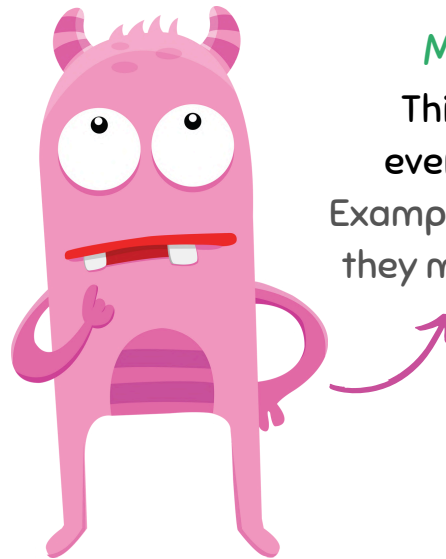
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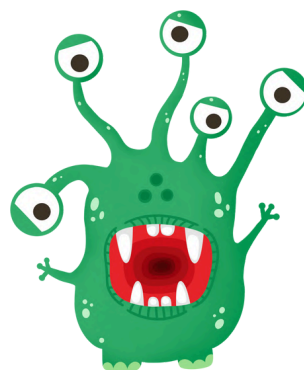
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Example: "I can't do this, it's too hard."

FIGHTING WORRY MONSTERS

Worry monsters might try to trick us, but we do not have to listen to them! Here are some ways to fight back against each one.

MR WHAT IF

Always worries about what might go wrong.



Fighter Move: Remind yourself of what is real right now.

Say: "I don't need to worry about things that may never happen." or "What if things go well?"

~~"What if nobody wants to sit with me at lunch?"~~

→ "I've had friends sit with me before, and if I'm alone for a bit, I can always ask someone to join me or chat with them later." ✓



MS. MIND READER

Thinks she knows what everyone else is thinking.

Fighter Move: Challenge your thoughts—do you really know for sure?

Say: "I can't read minds, so I won't think the worst."

~~"They didn't say hi to me, so they must be mad at me."~~

→ "Maybe they didn't see me, or they were thinking about something else." or "If I'm really unsure, I can just ask!" ✓

CAPTAIN BLACK & WHITE

Believes everything is either all good or all bad.



Fighter Move: Look for a bit of good and a bit of bad.

Say: "Just because something isn't perfect doesn't mean it went all wrong."

~~"I got one answer wrong, so I must be terrible at maths."~~

→ "Getting one thing wrong doesn't mean I am bad at everything. I can learn from this and try again!" ✓

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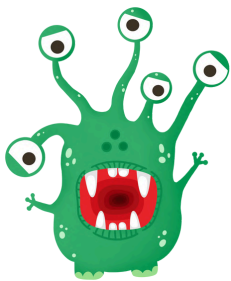
Fighter Move: Take a deep breath and shrink the worry.

Say: "Is this really a big deal, or am I making it bigger than it is?" or "Even if I made a mistake, I can fix it."

~~"Oh no! There's a stain on my shirt! Everyone will notice! I'm such a mess!"~~

"Most people won't even notice, and even if they do, it doesn't really matter." or "One little stain doesn't change how great my day can be!"

DR. STUCK IN THE PAST



Won't let go of past mistakes or worries.

Fighter Move: Let go and move forward.

Say: "The past is over, and I can learn from it." or "People forget mistakes quickly; I don't need to hold onto this."

~~"Last month, I said something silly in front of my friends, and I keep thinking about how embarrassing it was."~~

"It was just one moment. I don't need to keep thinking about it."

PROFESSOR I CANNOT COPE

Says you are not strong enough to handle things.

Fighter Move: Remember times you managed tricky things before.

Say: "I have done hard things before, and I can do this too or ask for help."



~~"I have too much homework, and I feel like I'll never finish it!"~~

"I don't have to do it all at once. I can start with one part and take breaks if I need to."

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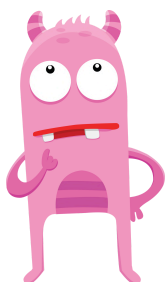
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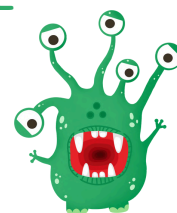
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SIR BIG DEAL



CAPTAIN BLACK & WHITE



DR. STUCK IN THE PAST

What could you say to stand up to your worry monster?



BE THE BOSS OF YOUR WORRIES!

Pick one worry monster you struggle with the most. Draw yourself fighting back and winning! What will you say? What will you do?



WINNING AGAINST WORRY MONSTERS!

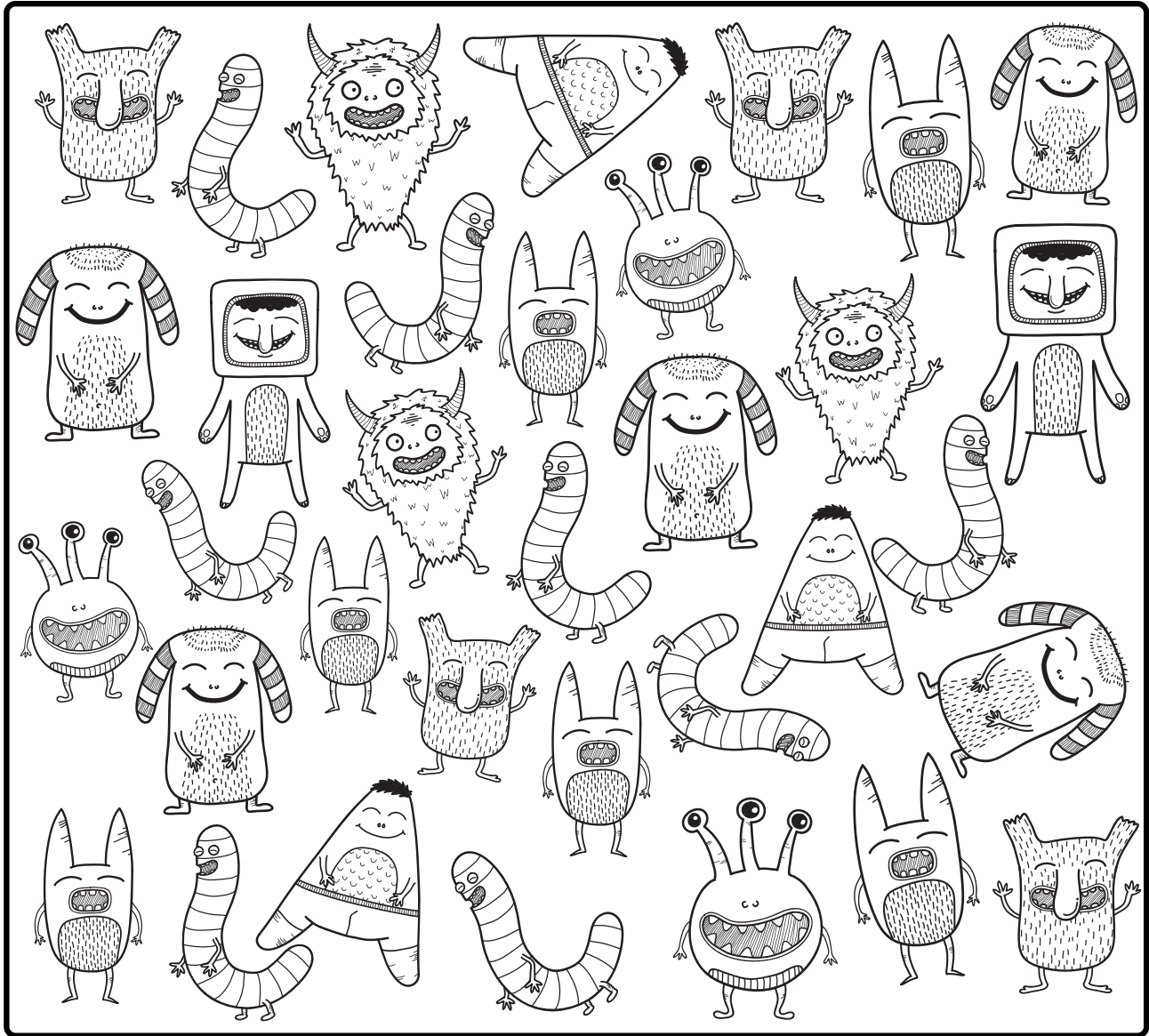
These worry monsters think they're strong, but you have the power to defeat them!

Here's How:

+ Colour each monster.

+ Read the positive thought below—it weakens the monster! The more you colour, the weaker it gets!

+ As you colour, say the positive thought out loud and imagine the monster disappearing!



Worries don't last forever. I am safe.



Most people don't even notice my mistakes.



Not everything my worries say is true.



I can do tricky things, even if they feel scary.



If something goes wrong, I can handle it.



Mistakes help me learn. I don't need to be perfect!



I am stronger than my worries!



I can always ask for help!

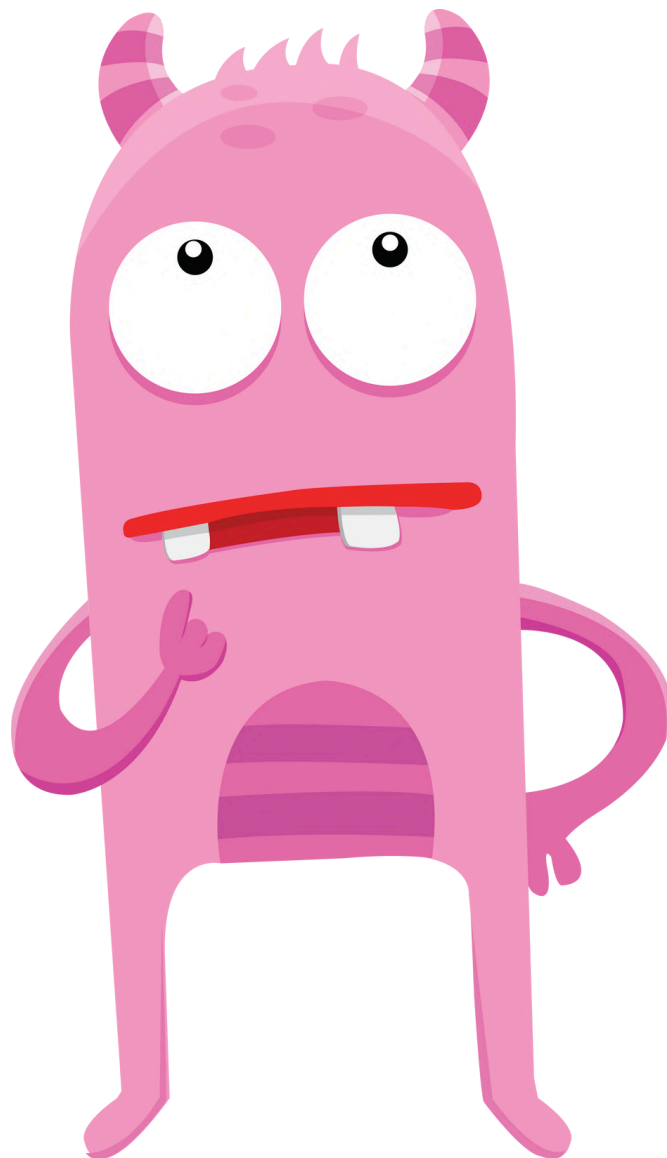
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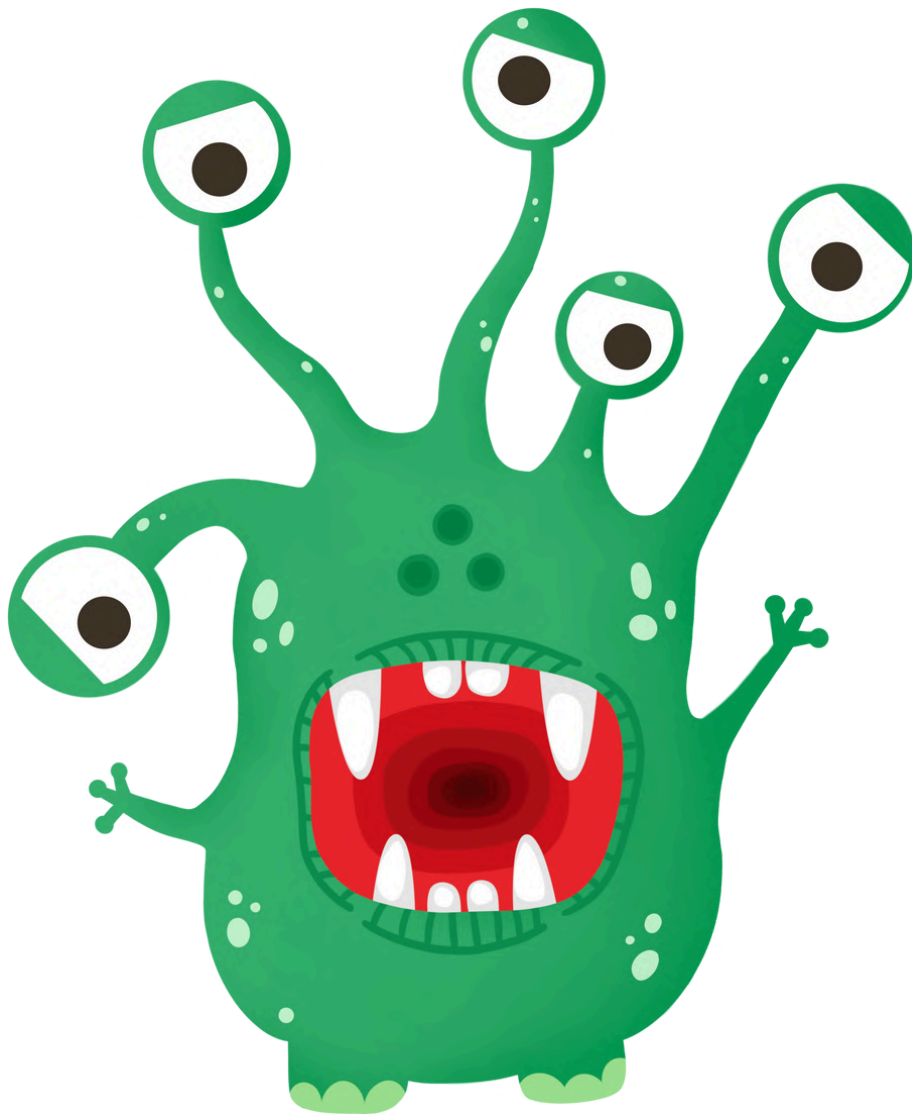
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See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com



2 www.anxietyhelpbox.com



3 www.feelingshelpbox.com



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