

Coping Card Book

It can be tough to remember to use your helpful thoughts to boss back your Worry Bully when you feel scared or worried.

A coping card book lists some of the things you can tell yourself when your worry bully is acting up. These things will help you feel calm.



Examples:

- Worry is not dangerous. It can't hurt me! It's just a bully.
- I can boss back my worry bully. I have done it before.
- I can take some deep belly breaths.
- I don't want my worry bully to take control anymore

