

Hot Seat Activity

Name: _____

Questions you can use to argue against unhelpful negative thoughts:

OTHER WAYS TO THINK ABOUT IT

Is there another way to look at this?

Is there another reason why this would happen?

WHAT WILL HAPPEN NEXT

Even if this thought is true, what's the worst thing that can happen?

Even if this thought is true, what's the best thing that can happen?

What is the most likely thing to happen?

PLAN OF ATTACK

Is there anything I can do about this?

CHECK THE FACTS

How do I know this is true?

Has this happened to me before?

Has this happened with other people or in other situations?

Hot Seat Exercise *(Example)*

What happened:

I stayed up late because I didn't want to fall asleep.

UNHELPFUL THOUGHTS

If I fall asleep, I'll have nightmares.

If I fall asleep, something bad will happen.

Lying down in my bed makes me feel nervous.

HOT SEAT THOUGHTS

• I don't have nightmares every night, so I might not have them tonight.

• Nightmares aren't real, they can't hurt me.

• I need to get some sleep for school tomorrow, even if it means I have nightmares.

• I'm safe in my house and my bed. My family is here to protect me.

• If something bad happens, I'll wake up and be able to deal with it then.

• I can practice my relaxation if I feel nervous.

• I can remind myself that I am safe.

• It's OK to feel nervous for a little while; eventually I'll fall asleep.
