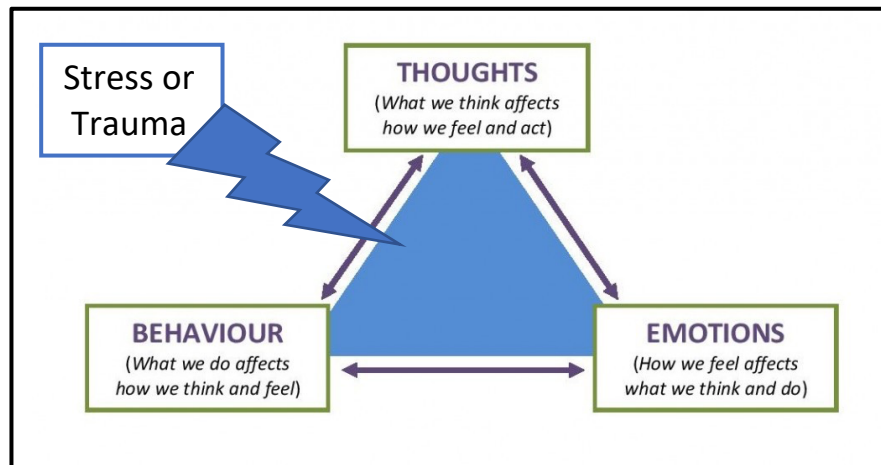


My CBITs Skills & Strategies



EMOTIONS

- Feelings Thermometer
- Coping Strategies
 - Muscle Relaxation
 - Distraction
 - Activities that bring you joy!
 - Positive Self-Talk
 - Positive Imagery
 - Thought stopping

THOUGHTS

- Helpful Other Thoughts (HOT Thoughts)
 - Other ways to think about it
 - Is there another way to look at this?
 - Is there another reason why this would happen?
 - Check the facts
 - How do I know this is true?
 - Has this happened before?
 - Has this happened to other people or in other situations?
 - What will happen next
 - Even if this thought is true, what is the best/worst/most realistic thing that can happen?
 - Plan of action
 - Is there anything I can do about this?

BEHAVIORS

- Real-Life Exposure
 - Using your Distress Ladder, practice activities that slowly build up to what you are avoiding. Each time you practice, take a Feelings Thermometer rating before and after to check your progress.
- Problem Solving
 - 1) Talk to a trusted adult or support person—you don't have to solve things alone!
 - 2) Brainstorm possible actions
 - 3) Weight pros and cons of each action
 - 4) Pick a solution!