



Challenge Negative Thinking

Who is this resource aimed for?

This is a resource aimed for children with high perception and low reality of COVID-19.

Anxiety is having too much fear and worry. It is no surprise that during COVID-19 pandemic you might find that your worries are more obvious. This might be even more difficult if you had anxiety before the pandemic. This sheet is to help you challenge negative thinking. Negative thinking is when a person thinks that something bad will happen. It may mean that you avoid doing things that you could enjoy. You may wish to explore the answers to this question with a grown-up or friend that you trust.

Questions to ask yourself to help challenge your negative thoughts or self-talk:

Am I catastrophising or over-estimating danger?

Is this thought true? What is the evidence that this thought is not true?

Am I certain that this will happen?

Is this a thought or is it real?

What would I say to my friend if they told me they had the same thought?

What might one of my friends say about my thought?

Is the situation possible or certain to happen?

If this thing did happen, how could I cope in the situation?

What is the worst that could happen?

Has this happened to me before?

If this thing does happen, what will be the impact?

Is my judgement based on how I feel or facts?

Hello!
I'm Crosby
the Crocodile

