

### Session 3

#### TALKING BACK TO WORRY

##### Key points

1. There is good and bad talking back
2. Talking back to worry is a **good** thing
3. Talking back to worry means you are standing up for yourself (in your mind) when you don't like what is going on there
4. Talking back to worry is an example of **self talk** in your mind
5. When you use your imagination to picture what a worry bully looks like, you are learning to take worry out of your head and controlling it
6. The worry bully may be stronger than you at first, but you can get stronger than your worry
7. You can learn to stand up to it and not give in to it
8. When you learn to imagine worry as being outside of yourself, you can eventually manage it better. Like "flicking" it off your shoulder and out of your mind!
9. **THE WORRY BULLY LIES**- it likes to exaggerate by telling you that a terrible thing will definitely happen
10. You cannot trust a worry bully!
11. You must talk back to it in a **strong, firm** voice and believe that you are MORE POWERFUL
12. Practice telling the worry to **SCRAM!**
13. Practice telling worry "You **LIE!** I'm not going to listen to you anymore!"
14. Getting busy with something else helps you not to pay attention to worry
15. If your parents reassure you over and over again about a worry, they are helping worry stay in charge. But if your parents remind you to *talk back* to worry, you will take charge and eventually become the boss of you!

Adapted from Dawn Huebner's *What to do when you worry too much- A kid's guide to overcoming anxiety*