ThoughtBusters!

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ThoughtBusters!

Did you know we all have thoughts that can bother us? Sometimes, they are sad or angry or just strange! Sometimes, they repeat in our minds over and over again. Sometimes, the thoughts are about another person, a situation, or even about ourselves.

Remember, thoughts are temporary. Thoughts can be incomplete or inaccurate. Thoughts are just pieces of information that you can use in your life or just let float by. Thoughts are not the boss of you. The most important thing to know is that you are not your thoughts. You are powerful, confident, and awesome!

So, what can you do when you have thoughts that aren't useful? Try some of the ThoughtBuster exercises in this mini-journal! Each one is a separate exercise. See what works for you!

My thought:

Try this:

Just a Thought!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

A lot of times, we use the word “I am” before a thought. For example, you might think, “I am worried.” Your thought doesn’t make you who you are, so let’s change the language.

Say, think, or write out these words before your thought: “I’m having the thought that...”.

Example: “I’m having the thought that I am worried.”

Remember, your thought is just a thought. It doesn’t define who you are as a person.

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm

My thought:

Try this:

Hi, Thought!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Talk to your thought as if it's a friend that's being ignored.

Sometimes your thought just wants to be noticed... then, it'll happily disappear.

Say, "Hi, thought! I see you here again. I don't really need you around right now, but thanks for stopping by."

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm

My thought:

Try this:

Dear Me...

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

What would you say to your best friend if they were having this thought? What advice would you give them?

Pretend YOU are your own best friend and write yourself a helpful letter with advice.

Sometimes, we forget to treat ourselves with the same care that we would show a friend. This is a reminder to treat yourself just as well as you treat people you really care about.

How do you feel right now?

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My thought:

Try this:

Laugh Away!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Laugh!

Science suggests that laughing is good for you, even if you're faking it at first!

Your mind and body will feel just as great as if it were natural.

Best of all, over time your fake laughter will turn into spontaneous laughter as you let go throughout the practice.

It's pretty hard to worry or feel bad when you're laughing!

How do you feel right now?

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My thought:

Try this:

Use your Superpowers!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Focus on your character strengths.
Everyone's got them!

Some examples are creativity, curiosity, honesty, fairness, forgiveness, gratitude, humor, kindness, love of learning, leadership, perseverance, perspective, and many more!

What are your natural superpowers?

How can you use one of your superpowers to face this tricky thought?

How do you feel right now?

My thought:

Try this:

Kickstart your Logic!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

Is your thought about being afraid of something that might happen? Worried thoughts can make us forget what will most probably happen. Ask yourself these questions when you have a worried thought:

What is the best case scenario?
What would a happy ending be?

What is the worst case scenario?
What would a sad ending be?

What will most probably happen?

How do you feel right now?

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My thought:

Try this:

Supertree Pose

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Stand with your feet wide apart and firmly planted on the ground. Feel your feet pressing solidly against the firm, solid earth.

You are safe here. You are supported. You are rooted. You are strong.

Stand up tall! Feel your back straighten. You are strong. You are stable. You are powerful.

Reach up to the sky, then place your hands on your hips.

You are a strong, tall tree. Peaceful, powerful, solid, safe.

How do you feel right now?

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My thought:

Try this:

Best Future Self!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

Where do you want to be in a week? A month? A year? Picture your very best future self.

What do you look like?
Describe how your face looks.

Where are you? Are you inside or outside? Is it hot or cold?

What can you hear? What can you see? What are you doing?

On a separate paper, draw an image of your best future self.

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm

My thought:

Try this:

Feel the Love!

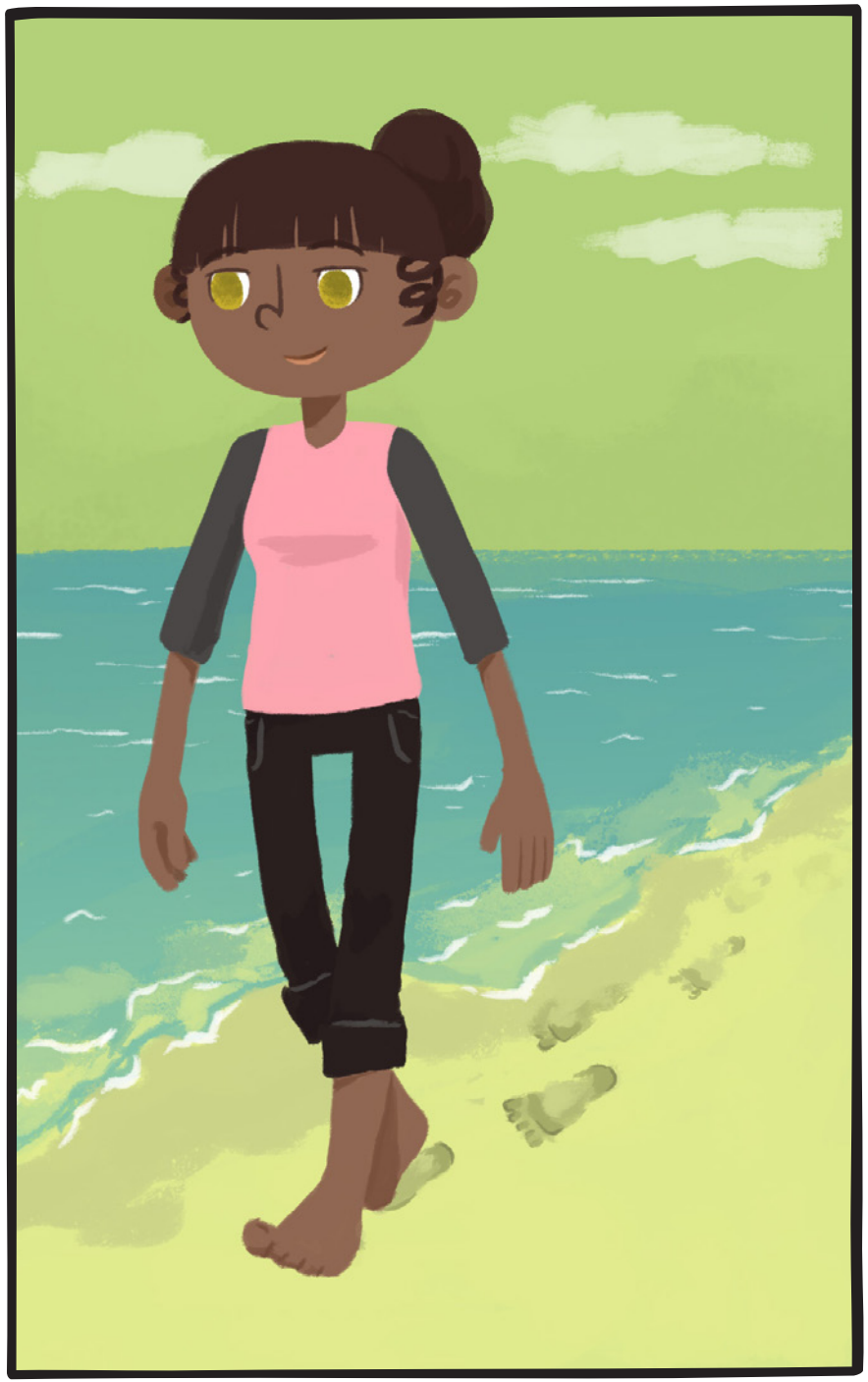
Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Think about something you love doing.

It can be a simple thing like reading a book, lying on the sofa, playing with your dog or even just a favorite TV show!

This “love break” helps us get back in tune with ourselves and re-focus.

How do you feel right now?



My thought:

Try this:

Comes and goes...

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Imagine this uncomfortable thought
like a footprint on sand. Eventually,
the print will be washed away.

Nothing lasts forever.

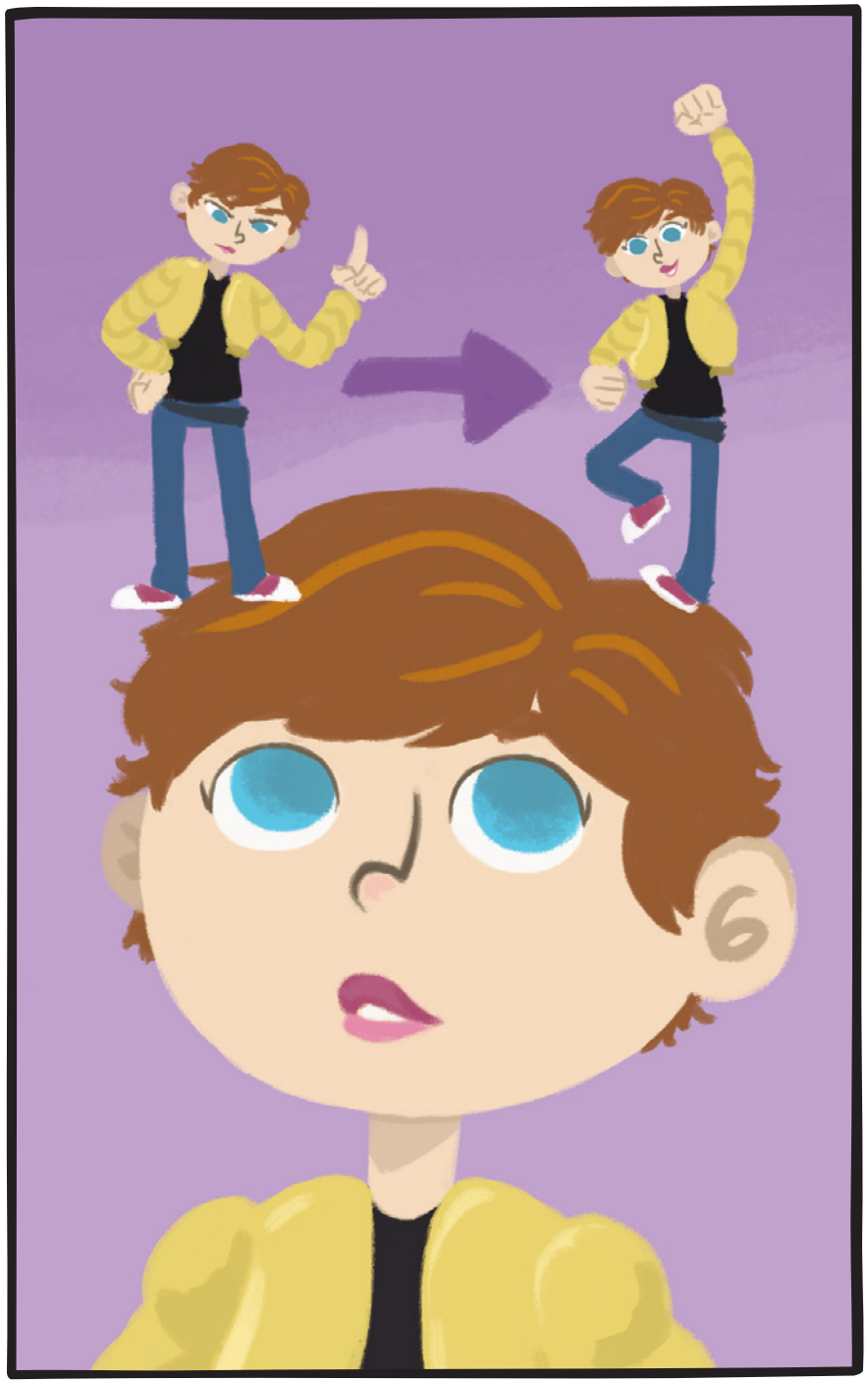
Your thought will come and then it will go.

Thoughts are temporary.

This too shall pass.

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm



My thought:

Try this:

Choose your Inner Coach!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

Which voice does this thought use?
Your **Inner Critic** or your **Inner Coach**?

It's easy to be self-critical or hard on yourself without realizing it. Sometimes we think a tough voice helps us reach goals, but the opposite is true.

What would a coach say to you about how you're thinking? What advice would they give you?

Be your own Inner Coach!

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm

My thought:

Try this:

Make fun of your thought!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Say your challenging thought in a funny voice. Give it an accent. Sing the thought to the tune of a nursery rhyme or song.

Every time you have this same thought, imagine it in this funny voice.

You'll never be able to take it seriously again!

How do you feel right now?

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My thought:

Try this:

Get up. Get out!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

A change of scenery or moving your body can help.

Go for a walk, be in nature, or you can even just switch rooms.

Notice how switching up your scenery affects your mood.

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm

My thought:

Try this:

Thought Catching!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Imagine you have a net which can catch your tricky thought and sweep it out of your mind.

Swipe that net... you caught that thought!

Now, you can check that thought.

Is it really accurate? Thoughts are not facts. You can collect some evidence to see if this thought is really true or not.

How do you feel right now?

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My thought:

Try this:

Find that Feeling!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

What feeling does this thought make you feel?

Where can you feel this feeling in your body?

In your throat? In your chest? Maybe you feel it in your toes!

Once you find your feelings, talk to them. You can say something like: “Hey thought, I see you’re making me feel butterflies in my stomach. What’s up butterflies? I’m not scared of you, I know I’m safe.”

How do you feel right now?

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My thought:

Try this:

Erase Extreme Words!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

A lot of times, when we're overcome by powerful emotions, we're often using powerful words in our thoughts.

Examples: never, forever, always, everything

These can make our thoughts feel bigger than they actually are or that they will last forever.

See if you're using these words in your thought. What does the thought sound like and feel like without these words?

How do you feel right now?

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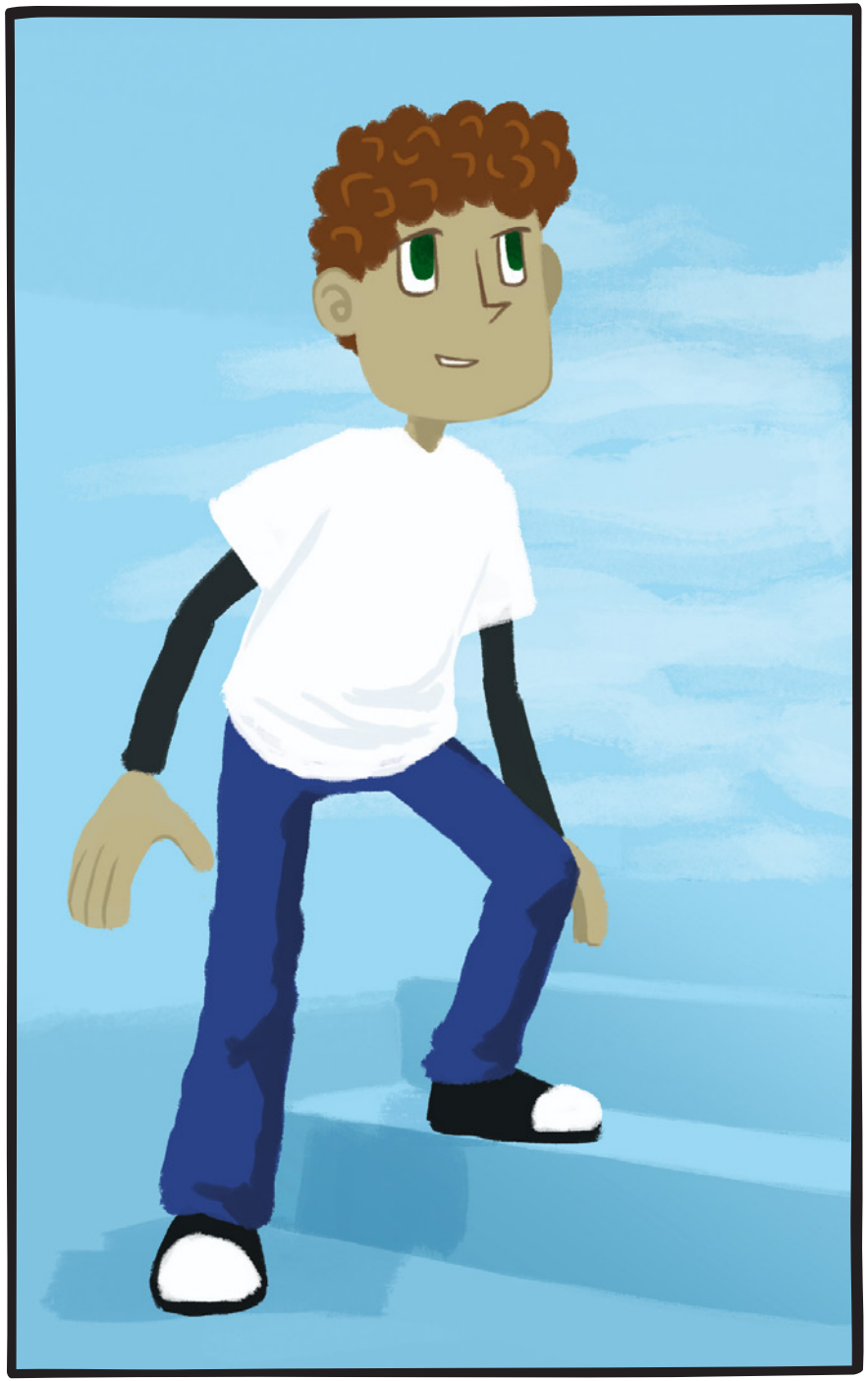

My thought:

Try this:

One Small Step!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it.

Are you overwhelmed by what feels like a HUGE task? What small first step could you make just to get started?

Focus on that one thing... not the whole entire task... just that one, small mini-step. You're on your way!

When you're ready, think about the next mini-step.

Every "HUGE" task is made up of mini-steps.

You can do it!

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm

My thought:

Try this:

Trainspotting!

Let your thought rise up. Let it be.
No need to fight it. Gently notice it. Then...

Picture your thoughts like a train. A thought comes into your mind, pauses there like at a station, and then moves on.

Let it pass through your mind like a train through a station. No need to chase it.

Another train of thought might arrive, pass through and then leave again.

Watch the trains come and go.
There is nothing to fear, nothing to fight.

Your thoughts are like trains--they come and go.

How do you feel right now?

Happy Focused Confused Loved Angry Energized Calm

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3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: https://facebook.com/groups/scienceofhappinessforkids/

GoZen! Programs help kids Manage Stress and Build Resilience

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.

GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Min. of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.

GoStrengths! Well-being + Resilience Program

10 Modules / 115 Animations / 125+ Min. of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.

GoHackify! OCD Relief Program

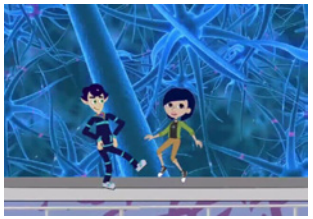
5 Modules / 30 Animations / 110+ Minutes of video

Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!

GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Min. of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



GoPositive! Negative Thoughts Mini Program

1 Module / 7 Animations / 30 Min. of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.

GoWave! Panic Attack Mini Program

1 Module / 12 Animations / 55+ Min. of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.

GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Min. of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!