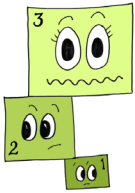
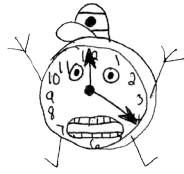


WORRY WAY (ANXIETY)



Boxes of Worry
A visual tool for rating the intensity or frequency of a worry.



Digit #1
Rigid, perfectionism



Digit #2
Fear of contamination



Digit #3
Social anxiety



Digit #4
Fear of germs



Digit #5
Fear of animals



Digit #6
Fear of heights



Egg Bandit
Impulsive, then worry about consequences



Ice Block
Agoraphobia



Key West
Worry about self-confidence



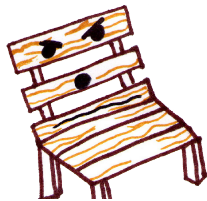
Mr. Danger
Realistic worries



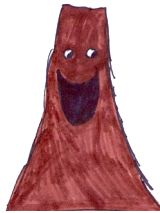
Raining Mashed Potatoes
Fear of weather



Unibrow
Worry about physical looks



Woody Bench
Restless, fidgety due to anxiety, not comfortable with self



Talking Tree
Fear of speaking to others



What If?
(too much what if? thinking)

SAD SHACK (DEPRESSION)



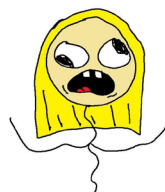
Bubbles
Loss and grief



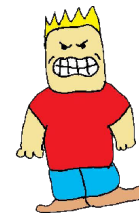
Bloppy
Over-sensitive, or over-reacts to something



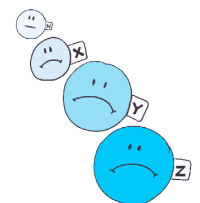
Clyde The Cloud
Down on self



Naggy
Irritable with a negative attitude



Brude
Bullying behaviors due to underlying depression

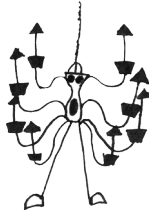


Circles of Sad
Visual aid for rating the intensity of sadness

SKILLS BUILDING (COPING SKILLS AND SELF-REGULATION)



Cookie
Healthy outlets and distractions from stress



Ike the Light
Considering new ways to solve a problem



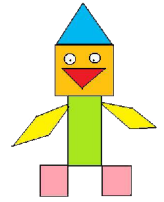
Flex
Flexibility of thought and behavior, adaptability



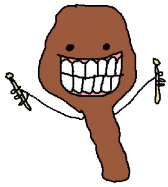
Mighty Metal
Mental and emotional toughness or resilience



Knowmes
Learn from situations and apply it



Shapey
Different ways of viewing a problem or situation



Drummy
Self-calming and de-escalating



Conga Tom
Escalating and calming

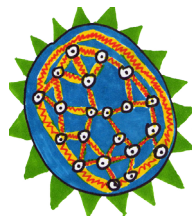
MADHOUSE (ANGER)



Sluggy
Aggressive and destructive



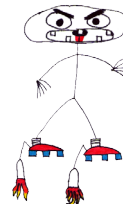
Shred the Cabbage
Loss of self during anger, shutting down



Electro Eyeball Shield
Overly narrow point of view, over-reacts



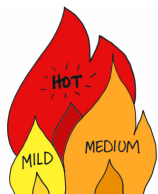
Fiery Flames
Short and intense temper



Squishy Foot
Mad at self

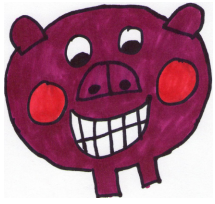


Mouthy
Verbal aggression



Levels of Anger
A visual tool for rating the intensity of anger

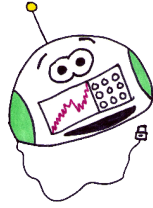
COPING SHOPPE (COPING SKILLS)



Ham
Sense of humor



Professor Majingles
Cognitive-behavioral problem-solving



Awesome Helmet
Cognitive flexibility



The Wizard
Goal-setting



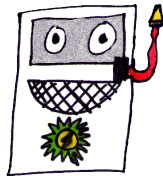
Wiggly Arms
Social and emotional support



Magical Milk of Wonders
Healthy Diet



Eyes Cream Cone
Perspective-taking



Ronnie the Gas Pump
Motivation and will



Shades of Gray
Avoid too much black & white or "all or nothing" thinking by finding options in the gray area

GRUDGE HUT (HOLDING ON TO NEGATIVE FEELINGS)



Venge
Revenge



Toe Man
Residual hurt feelings



Toxic Trash Can
Mistrust and keeping emotional and social distance



The Guard
Suspicious and guarded