



Calm Water or Stormy Seas?



Sometimes our worries can feel so real that it is difficult to tell the difference between what we **KNOW** and what we **THINK** might be happening.

Read each thought. Tick the sea you think it belongs in.

Thought	 Calm Water (Fact)	 Stormy Seas (Worry)
My friend didn't sit with me at lunch today.	☐	☐
My friend doesn't like me anymore.	☐	☐
I got one question wrong.	☐	☐
I'm going to fail the whole test.	☐	☐
My teacher asked to speak to me after class.	☐	☐
I'm definitely in trouble.	☐	☐
Someone laughed while I was talking.	☐	☐
They were laughing at me.	☐	☐

Think of a worry you've had recently.

My Stormy thought was: _____

What do I actually know? _____

Is there another possibility? _____



Let me think.