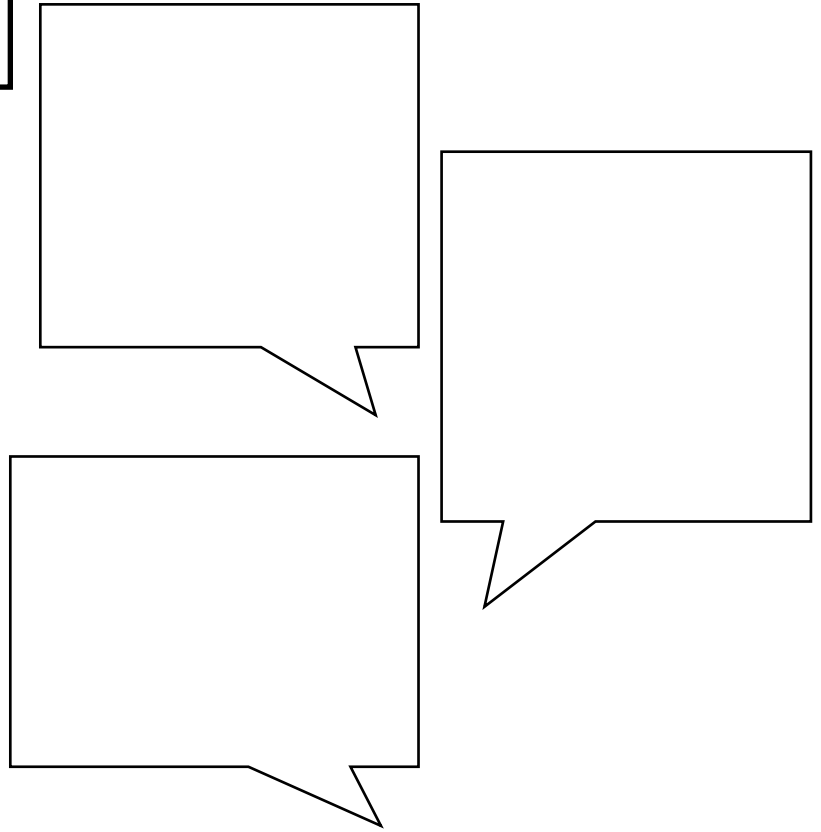


Thoughts Worksheet

Sometimes, our brains can fill up with worrying thoughts. This is normal and everyone will experience worrying thoughts at some point in their lives. However, sometimes we have these thoughts more often than we would like and our brain can feel full with worries. When we feel this way, writing down these thoughts can help to clear our mind. Try writing down your thoughts in the boxes on the right.



Another way to help with worrying thoughts is to imagine them floating away on leaves on a stream. Imagine sitting on a bank and watching a gently flowing stream. On this stream there are leaves, which float towards you, then float away from you down the stream until you can no longer see them. Imagine placing your thoughts on the leaves and watching them float away.

