

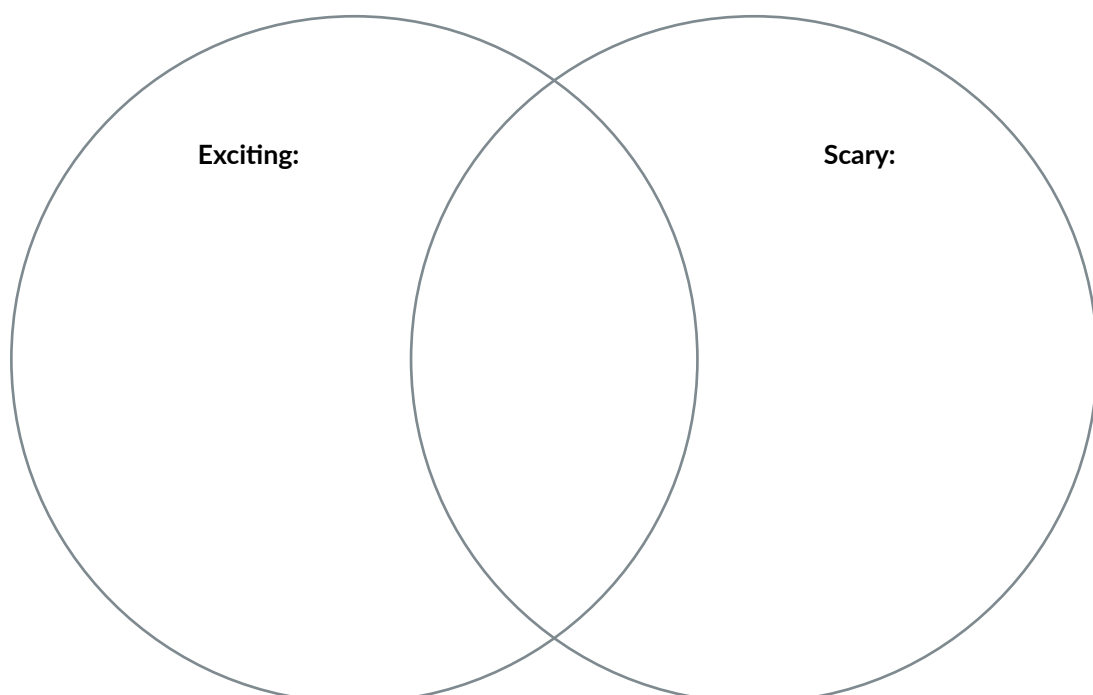
Best and Worst

Even though new situations can be scary, they can also be fun! Sometimes when you're feeling afraid, you may also feel excited at the same time. For example, take the first day of school. Or starting a new job. These are events that are both exciting and scary because you may be afraid of what might happen, but also have some positive activities to look forward to.

Instructions:

1. Write down a new situation that makes you nervous or scared.
2. After writing it down, use the chart below to draw or list things that are exciting in the left circle.
3. Write down or draw things that are scary about the new situation in the right circle.
4. In the middle portion, list things that may be both.

Something that is scary for me is:



After doing this exercise, I feel (circle the face that describes your feelings):

Some things I can do to help me with not feeling scared are:

Gabriella Lancia, PhD