

# My Rainbow Worries

What makes you worry?

When you have thought of something that worries you, break it down into three stages:

1. What is it that worries you?
2. What causes this worry to be at its most worrying?
3. How can you make the worry more manageable?

Talk through your ideas with the adult you are with and then complete the diagram on the next page.

Each coloured stripe is a separate worry.

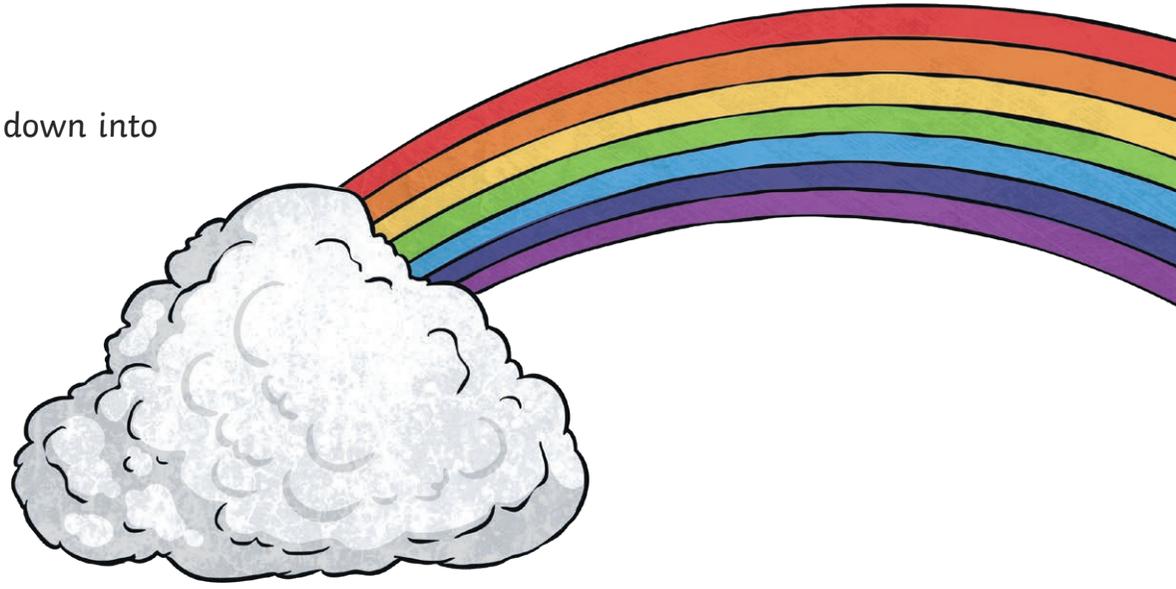
The first box on each rainbow stripe is where the answer to question one will be written. The second box is where you should write your answer to question two and the third box is for your answer to the third question.

Once you have written down all of your answers, take your time and look at what the main trigger point of each worry is (answer number two). Then, decide whether your coping strategy (answer number three) is effective enough and is working for you.

If it is, that's great! If it isn't, take some time to discuss alternative ideas with the adult you are with.

Try using the alternative ideas for a few weeks and then come back and do the activity again.

You may see a difference in what makes you worry and how you feel about it.



**I'm worried that I won't  
make friends.**

**Moving school next term.**

**I could look for people with  
similar interests to me.**

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