

## My Thought Story

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Work with someone (i.e. parent, teacher, coach, mentor, therapist) to complete this worksheet.

What is the situation, activity, place, or event?

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What do you typically think or feel in this situation?

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Why do you feel this way?

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What might the other person (or people) be thinking or feeling in this situation?

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Why might they feel this way?

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Now you are ready to create your thought story..... You can hand-draw or use images (photos, icons, Google images) to make your story. A parent, teacher, coach, or other support personnel should guide you in creating your thought story.