

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?

What do you typically think or feel in this situation?

Why do you feel this way?

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

Why might they feel this way?

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.