Many kids worry. Some feel nervous, anxious, or on edge, and sometimes cannot stop or control their worrying.

Our Reining in Anxiety program is designed to help you to better understand the thoughts, feelings, and behaviors that cause — and keep your anxiety with you.

MY JOURNAL:

CLUES TO MY ANXIETY

_____

(insert my name)

How to **REIN** in ANXIETY:

A program combining **therapeutic horseback riding** and a **set of strategies** known to decrease anxiety (otherwise known as "cognitive behavioral therapy")

SESSION 1: WHAT I THINK, FEEL, AND DO
SESSION 2: FALSE ALARMS AND MY OWN FEAR THERMOMETER
SESSION 3: RELAXATION TECHNIQUES I CAN USE TO CALM ANXIETY
SESSION 4: ON THE LOOKOUT: CLUES TO MY ANXIETY
SESSION 5: SITUATIONS TO PRACTICE: RATING MYSELF
SESSION 6: WHOA! CHANGING MY NEGATIVE THOUGHTS
SESSION 7: FORTUNE-TELLING AND MIND-READING
SESSION 8: USING WHOA TO CHANGE MY NEGATIVE THOUGHTS
SESSION 9: MORE WHOA … AND PROBLEM-SOLVING USING "STALL"
SESSION 10: REVIEW & COMPLETION #anxietyreined

LEARN
PRACTICE
#ReinItIn

10
SESSIONS
one hour each

Sessions run from:

_____
(insert dates)

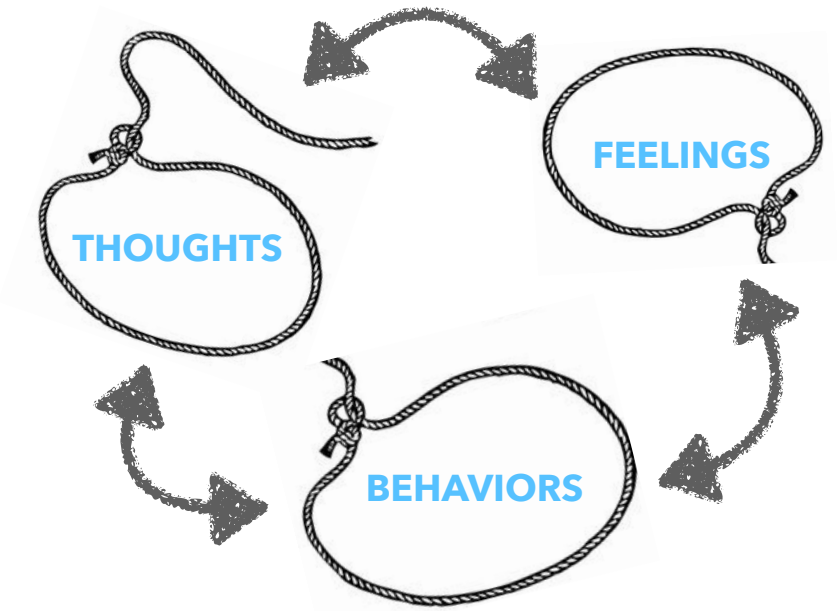
QUESTIONS?

WANT TO KNOW MORE?
WWW.REININGINANXIETY.COM
for more information

The Reining in Anxiety™ Journal for Children and Adolescents is a companion to The Reining in Anxiety™ Instructor Manual, created by Meghan Morrissey, LCSW, Mary Acri, PhD, and Kimberly Hoagwood, PhD. New York University: New York, New York. It may not be reproduced without permission from the author(s). Version 2.0, January 1, 2019.

Session 1: What I Think, Feel, and Do and Safety Plan

There are three parts to anxiety: What we **think** (THOUGHTS), what we **feel** (FEELINGS), and what we **do** (BEHAVIORS). Each of these three parts affects the other. Thoughts can affect behaviors and feelings. Behaviors can affect thoughts and feelings. Feelings can affect behaviors and thoughts. Thoughts, feelings, and behaviors are all connected. We are in control of our THOUGHTS, FEELINGS, and BEHAVIORS. In the space below, draw a situation and write the thoughts, feelings, and behavior in that situation in the boxes. Also, please complete "People Who Can Help" list at the end of your journal, and be sure to include phone numbers!



Thought	Feeling	Behavior

Situation:

Session 2: False Alarms … And My Own Fear Thermometer

What are my False Alarms? Write 3 false alarms that you noticed throughout the week. A false alarm is when your nervous system gets turned on when you are not really in danger. You can look for clues that you are scared or nervous by noticing your **THOUGHTS**, **FEELINGS**, or **BEHAVIORS**.

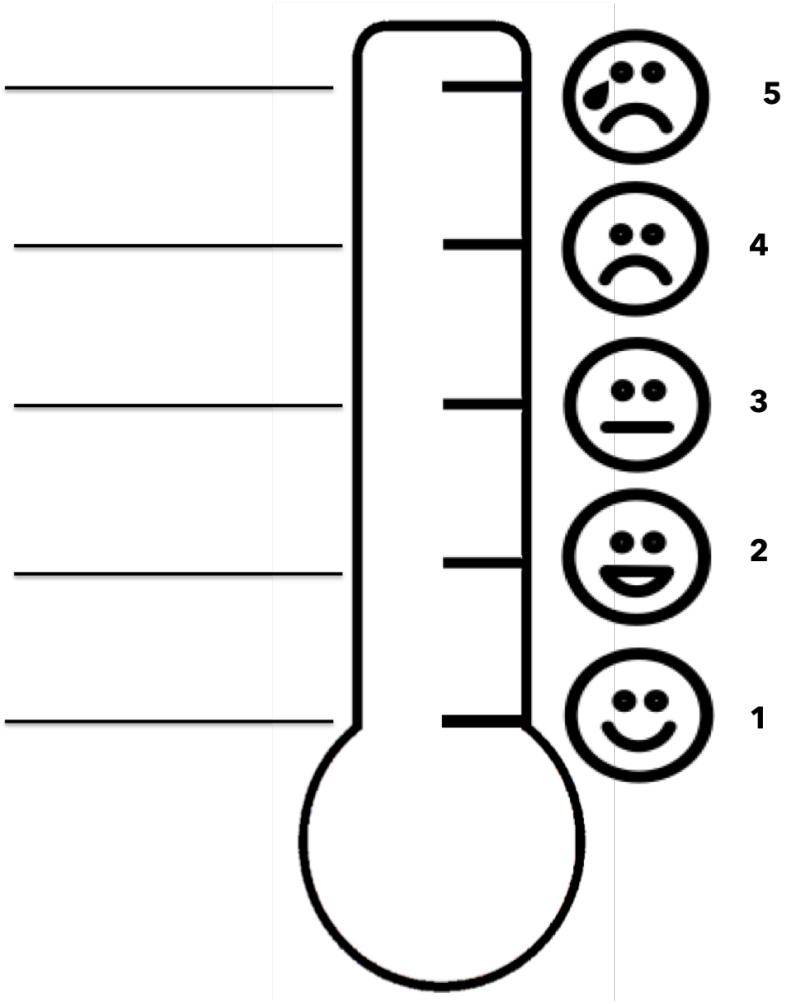
1. _____

2. _____

3. _____

Build My Own Fear Thermometer. Using numbers ranging from 1-5 (with 0 being no anxiety and 5 being highest anxiety), build your own fear thermometer. We use numbers so that you can communicate your fear level with your instructor, other riders in your group, and your parents. Now, draw your fear thermometer, and indicate what each number means to you. Use different colors and drawings if you'd like. There is also more space on page 15 to draw ideas for your fear thermometer.

Fear Thermometer



Session 3: Relaxation Techniques I Can Use To Calm Anxiety

Practice **one** relaxation technique each day. Remember, the relaxation techniques we learned include:

- **Imagery.** Imagery is when you think of a time or situation in which you were really happy or calm. What would you call the place that you described in group? _____. Describe or draw it here:

- **Progressive muscle relaxation.** Visit the website: http://www.practicewise.com/portals/0/MATCH_public/relax.html for techniques to practice progressive muscle relaxation, OR you can practice progressive muscle relaxation using the 4 ways we communicate with the horse: Hands, Voice, Legs, Weight.

- **Box Breathing:**
  Place one hand on your belly and one hand on your chest.
  Blow out all the air 1…2…3…
  Inhale slowly through your nose 1…2…3…4….
  Hold your breath 1…2…3…4…
  Exhale/breathe out through your mouth 1…2…3…4...
  Don't breathe in 1…2…3…4…
  Repeat the process

What is your favorite relaxation technique or coping skill? If you have a new one, please share!

Date	Rate yourself before you practice using the fear thermometer you made in Session 2	What did you do to relax?	How did it feel? Rate yourself after you practice using the fear thermometer you made in Session 2

Session 4: On the Lookout: Clues to My Anxiety

Self-monitoring is like gathering clues or evidence, so you might need to take notes to figure it out. For example, if your stomach feels upset, you think "I can't do this" or you see yourself tapping your foot, you can write that down and later try to figure out what situation you were in when those THOUGHTS, FEELINGS, or BEHAVIORS were happening. Look for clues about your anxiety this week by noticing situations, then figuring out your THOUGHTS, FEELINGS, and BEHAVIORS in those situations. The more you can recognize situations and your own THOUGHTS, FEELINGS, and BEHAVIORS, the better you can cope when tough situations happen.

Date	Situation	Feelings (write how you felt or draw your face to express your feelings)	Thoughts (write your thoughts)	Behaviors (write what you did)

Did you use any coping skills or relaxation techniques this week?

Write them down in the back of this journal so we can keep track of what works for you!

Perhaps it's a favorite movie or book that makes you feel good. We like coping skills to be as **specific** as possible; for example, if music helps you relax or cope, write down your favorite song; if you like coloring, write down your favorite thing to color.

Session 5: Situations to Practice: Rating Myself

Copy your fear ladder into your journal.

In the table below, list the situations you choose to practice this week. They should be situations from your fear ladder that are rated **low anxiety**. You can visualize them or use imagery (imagining the situation) to practice coping with these situations. Remember to rate yourself before and after the situation. You can rate yourself during the situation if it lasts a longer time. Refer to the rating scale you wrote in Session 2 of your journal.

Date	Situation practiced (describe how you practiced)	Anxiety rating before situation	Anxiety rating after situation

Session 6: WHOA! Changing my Negative Thoughts

We are in control of our THOUGHTS, FEELINGS, and BEHAVIORS. Even when we have negative thoughts/cognitive distortions, we can change them! Use WHOA throughout the week to change your negative thoughts:

Date	**W**hat's the situation?	**H**mmm.. what's the scary/upsetting thought?	**O**ther better thought:	**A**+ or Applause (What did you do to treat yourself for changing your thoughts?)

Session 7: Fortune-telling and Mind Reading

Fortune-telling and mind reading are examples of negative thinking/cognitive distortions.

If you find yourself having a negative thought, remember the questions we used to figure out how realistic something is: What is the probability/likelihood/chance, that the thing you are thinking will really happen?

We worked on using WHOA to change our negative thoughts in group, so we **KNOW** we can do it!

Use WHOA throughout the week to change your negative thoughts.

Date	**W**hat's the situation?	**H**mmm.. what's the scary/upsetting thought?	**O**ther better thought:	**A**+ or Applause (What did you do to treat yourself for changing your thoughts?)

Session 7: Fortune-telling and Mind Reading BONUS Material

Here are some additional negative thinking/cognitive distortions and what they mean.

We have not learned about all the different types of negative thinking, but if you look over them this week, they may help you with the game we are playing next week!

You do not need to memorize these or even know what type of negative thinking you are having in order to change your thought to an **other better thought.**

MIND READING = imagining we know what others are thinking

FORTUNE TELLING = predicting the future

SHOULDS = misaligned/incorrect expectations

ALL OR NOTHING THINKING = something is only one thing

OVERGENERALIZING = seeing a pattern that isn't there

CATASTROPHIZING = blowing things out of proportion

MINIMIZING = making something positive seem less important

FILTERING = only paying attention to the negative and ignoring the positive

LABELLING = assigning labels to ourselves

EMOTIONAL REASONING = assuming feelings make something true about ourselves

PERSONALIZATION = blaming self for things that are not your fault

BLAMING = blaming others for things

Do any of these types of thoughts happen to you?? Sometimes our thoughts can be more than one type of negative, but it can help to know which category you fall into most so we can be sure to look out for those **WATCH OUT WORDS** – that will let us know we need to change our thought to an **other better thought!**

Session 8: Using WHOA! Throughout the Week to Change My Negative Thoughts

Date	**W**hat's the situation?	**H**mmm.. what's the scary/upsetting thought?	**O**ther better thought:	**A**+ or Applause (What did you do to treat yourself for changing your thoughts?)

Session 9: Using WHOA! Throughout the Week to Change My Negative Thoughts

Date	**W**hat's the situation?	**H**mmm.. what's the scary/upsetting thought?	**O**ther better thought:	**A**+ or Applause (What did you do to treat yourself for changing your thoughts?)

Session 9 (continued): Using the Problem-Solving Steps of STALL this Week

Write out the steps and how you used the steps to solve a problem.

S = Say what the problem is.

T = Think of solutions. This is our brainstorming… remember, there are no bad ideas!

A = Assess the pros/cons of each solution. What good/bad things might happen if this solution is tried?

L = Let's try it! Pick a solution and try it!

L = Look to see if the solution worked… if not, try a different solution.

S:	
T:	
A:	
L:	
L:	

Journal Must-Haves! ... Find it here in the Appendix

The last part of this journal contains tools to help you **learn** more about your anxiety, to **identify** and **practice** your coping skills, and **identify** people who can help you when you need help **reining in** your anxiety.

My Own Fear Thermometer: Create your own **fear thermometer!**

My Fear Ladder: The goal of the Fear Ladder is to experience less anxiety by **identifying fears**.

My Coping Skills List: The goal of the My Coping Skills checklist is to **identify** some things that **I can do** on my own to calm my anxiety.

People who Can Help Me: Identify **people**, including professionals, who can help me rein in my anxiety.

Fear Thermometer

Here is more space to create your own Fear Thermometer.

My Fear Ladder

#__

#__

#__

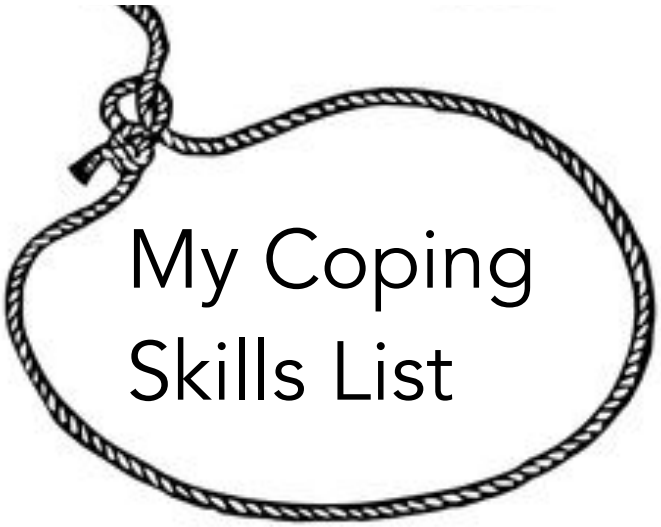
#__

#__

#__

#__

#__



My Coping Skills List

Things I can do without asking another person for help to calm my anxiety.

Things I can do:

Remember to schedule coping skills/relaxation into your day. That way, even when you have a good day, you can be practicing your skills – just like sports or music – so they are easier to use when tough situations happen.

People who Can Help

LEARN
PRACTICE
#ReinItIn