

## Teacher-Counselor Connection

**Date:** December 14, 2021

**Lesson theme:** Reframing Worries

### Tidbits & Takeaways:

- Our thoughts, feelings, and actions are deeply connected (think worried thought, feel worried, act out of worry)



- Pure positivity isn't the most effective way to deal with our worry thoughts
- We need to REFRAME our worry thoughts, so they are *realistic* and *believable* in order to acknowledge other possibilities and also harness any control we may have in the situation.

### 2 Examples:

- Worry thought: *I'll probably mess up all my lines in my speech.*
- Purely positive reframe: *Everything will be fine!*
- Believable and realistic reframe: *I practiced my speech a lot. I might mess up a line or two, but most people won't even know. I can keep going.*

### Christmas version!

- Worry thought: *If I return the gifts to Whoville, everyone will hate me.*
- Purely positive reframe: *No one will ever be mad at me, it's Christmas!*
- Believable and realistic reframe: *I shouldn't have stolen the Christmas gifts, but if I return them now, the people of Whoville will probably forgive me, and I will feel better about myself, (and my heart will grow 3 sizes)*

*The key to helping our students reframe worries is to make sure those reframed thoughts are believable and realistic, not just positive!*