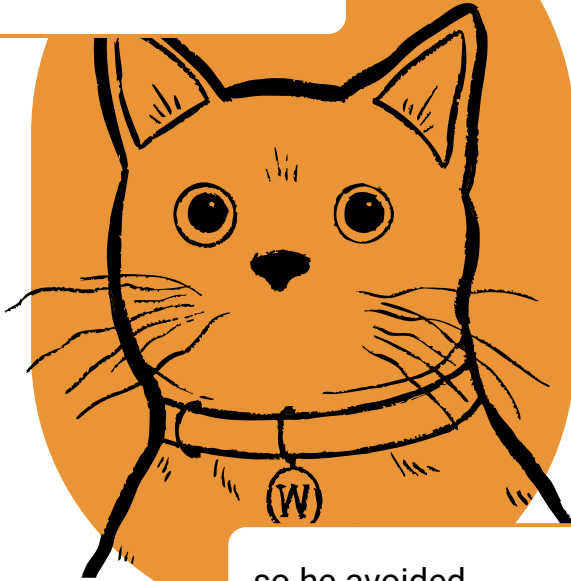


Facing Fears With Whiskers

It's tempting to do whatever you can to stop feeling worried or scared. Sometimes, this means **avoiding** people, places, or activities:

- You're scared of sharks, so you avoid going to the beach.
- You're afraid your mom or dad will get hurt, so you never leave their side.
- You're worried about giving a class presentation, so you pretend to be sick.

Whiskers was afraid of...
getting hurt



so he avoided...
playing outside with his friends.

I'm afraid of...

so I avoid...

Avoidance can help you feel better for a little while, but it often makes you miss out on things you'd really like to do. If you avoid going to the beach, you miss out on swimming in the ocean!

Facing Fears With Whiskers

Thoughts are the words that go through your mind. When you're worried, you have "what if" thoughts about all the things that could go wrong if you faced your fear.

Whiskers' "what if" thoughts about going outside:



Write some of your "what if" thoughts about your fear:



Facing Fears With Whiskers

“What if” thoughts don’t have to be all bad. You can also think about what could go *right* if you faced your fear.

Whiskers’ positive “what if” thoughts:



What could go right for you? Write some positive thoughts:

