



# Centered

## Worry

## Green Glory Responses

I'm worried to go upstairs by myself.	"I hear you Red Rant but there is no real danger so you need to be quiet."
I'm worried the kids in class won't like me.	"I am likeable. I had friends in my class last year so I assume I will find friends in my new class."
I'm worried I will make a mistake.	"I can handle making a mistake. I will learn from it and I'll be proud of myself for trying."
I'm worried I won't make the team even though I've been doing great at practice.	"What is the chance this worry will definitely happen?"
I'm worried my friend won't forgive me after our argument and she won't want to be my friend anymore.	"I made a bad choice but I'm still a good person. She will forgive me and want to be my friend."
I'm worried people will laugh at my outfit.	"What would I tell a friend if they had this same worry? Then say it to myself."
I'm worried to go to the doctors.	"Take deep breath. I'm ok and I'm safe."
I'm worried I'll mess up when I have to talk in front of the class.	Close my eyes and imagine successfully talking in front of the class. "There is no proof that I can't do it. I practiced a lot and am prepared. I can do this."
I'm feeling a lot of anxiety because I'm worried the kids in class won't think I'm cool if I don't play along.	"This feeling will pass. It won't last."
I'm worried I won't know anyone at the party and no one will talk to me.	"I'm going to find something to change my focus so I can stop thinking about this for a while."