



1-3 Assessment: Thoughts, Feelings, and Behaviors

Name _____ Date _____

Students can write in answers, or they can choose to talk through their responses with an adult.

Describe a situation that is stressful for you:

What is an example of a negative thought your brain might tell you that makes you feel worse?

What is a positive coping statement you could tell yourself to feel better? You can come up with as many as you want! It's good to have a collection of positive thoughts on hand.
