

# “MALIK AND THE ‘WHAT IF’ THOUGHTS”



### CBT IN ACTION: MALIK'S JOURNEY

**Malik:**  
 1. Identified his worry thought.  
 2. Recognized his feelings.

**Parents, this is how we build confidence from the inside out.**  
 ♦ Change your thoughts... outcome!

**WHY THIS WORKS:**  
 Simple language (ages 2–6)  
 Visual learning  
 Reinforces your CBT teaching  
 Change how she feels and responds