

CHANGING YOUR TUNE

Tips for Children

Have you ever listened to a song or a tune and couldn't get the words out of your mind? It's like you keep hearing them over and over inside your head.

Sometimes the things you say to yourself are like those words to the song. They keep playing over in your mind. They keep you stuck and stop you from doing things that make you feel better about yourself.

Many times the things you say to yourself when you are feeling mad, sad, worried, or scared make the feeling worse or last longer.

One time I was in school and no one wanted to play with me on the playground. I said to myself, "No one likes me. I'm a jerk." This was the same old tune I had been saying to myself.

I needed to say something else to help me with my feelings. So I thought and I thought. And I asked myself some questions. Finally, I said to myself, "Just because no one is playing with me today doesn't mean everyone doesn't like me. Sometimes kids play with me and sometimes they don't. If somebody doesn't play with me, it doesn't mean I'm a jerk. I can go play on the basketball court myself or go ask some kids if I can join them." ***I changed my song and tune.***

See if you can change the things I wrote on my **Changing Your Tune Practice Diary** so I can ***change my tune***. Then try some on your own,

1. Change the things I am saying to myself so my feelings will change.
2. Use your skills to come up with a new tune.

EVENT	FEELING	THOUGHT (Old Tune)	NEW THOUGHT (New Tune)
My parents yelled at me.	Sad	They don't love me.	Just because they yelled at me doesn't mean they don't love me. They are just mad right now.
Got a bad grade in school.	Sad	I'm stupid.	
I was picked last for a team at school.	Sad	Everybody thinks I'm awful.	
Say goodbye to my mom and dad at school.	Worried	I'm not going to be OK at school without my parents.	

1. Whenever you feel badly, write down the event, your feeling, and the old tunes that run through your mind.
2. Use your skills to come up with a new tune.

EVENT	FEELING	THOUGHT (Old Tune)	NEW THOUGHT (New Tune)