

A Cognitive Behavioural Therapy Workbook for Children & Adolescents



Gary O' Reilly,

University College Dublin.



Hello & welcome!

My name is Freaky Fred and I'm your guide. My job is to introduce you to this workbook.

It has the following eleven parts:

	Page
Part 1. How I See Myself	3
Part 2. My Family.	10
Part 3. The Story of My Life...The Past, the Present and the Future.	21
Part 4. Expressing How I Feel.	35
Part 5. The Things I Do...	52
Part 6. Thinking Straight.	62
Part 7. Communication Skills.	80
Part 8. Good Times.	91
Part 9. Learning How to Relax.	98
Part 10. Learning How to RETHINK Angry Feelings.	105
Part 11. Problem Solving.	123

The first 3 parts of your workbook ask you to tell us about yourself, your family, and the story of your life. From part 4 onwards its about learning different life-skills, like expressing your feelings, planning good times or managing anger.

In completing this workbook we hope you:

1. Have some fun.
2. Learn more about yourself.
3. Think more about your life and the good or bad experiences that you have had.
4. Become more aware of your strengths.
5. Become more aware of the people around you who support you.
6. Learn helpful skills that you can use to cope with the challenges of life.
7. Begin to think about positive changes that you can make in your life.

If you are interested in any of these things you can start your workbook by filling in your name and today's date.

Name: _____ Date: _____

In your workbook there are lots of interesting characters for you to meet along the way but first we'd like to meet you...



You are about to start part one. Its asks you to describe yourself. When you've done this you are asked to think back on your description and pick out what you think are the best things about you.

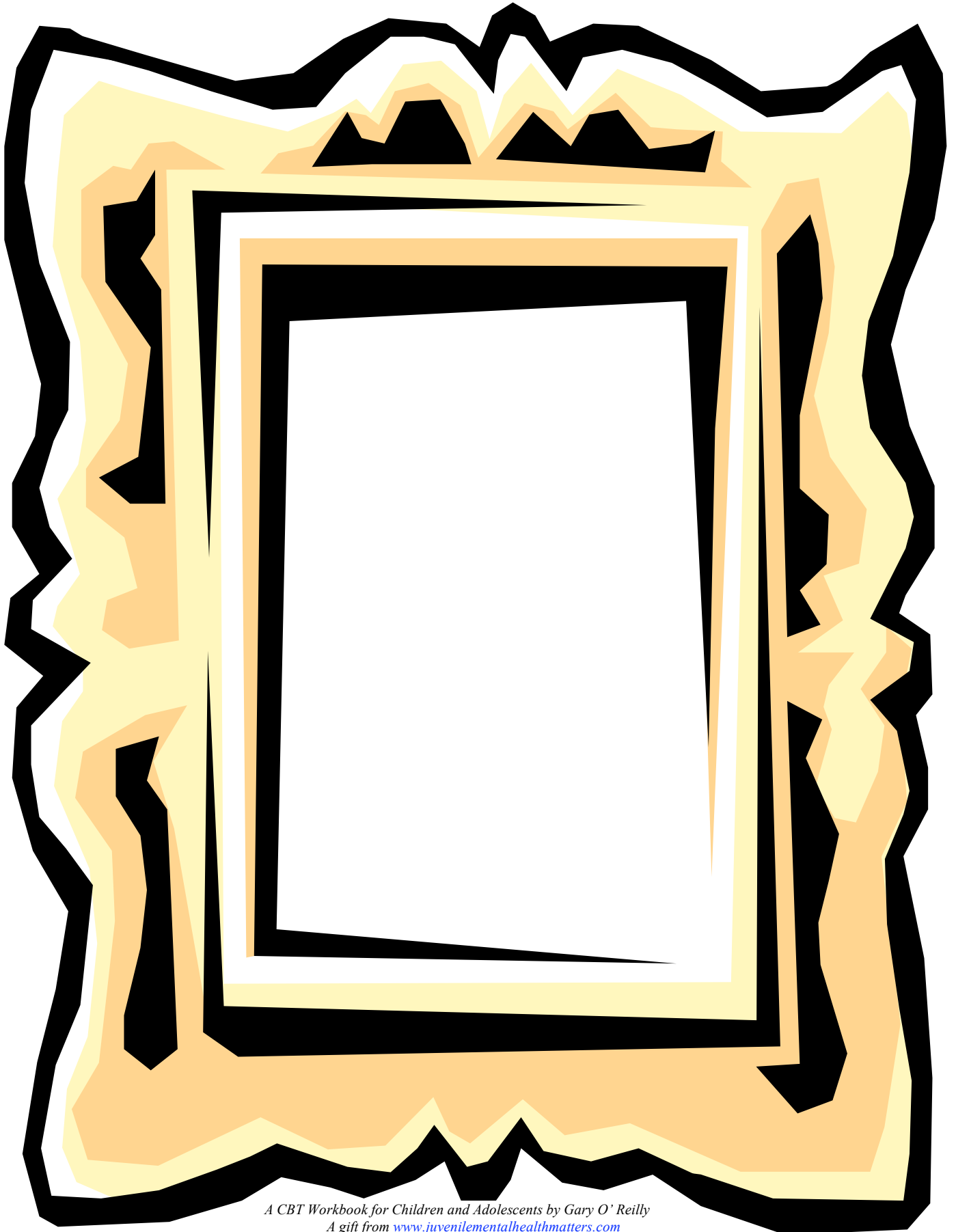
Good luck and have fun...

Part 1.

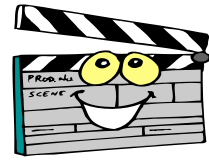
How I See Myself.



Draw a picture of yourself:

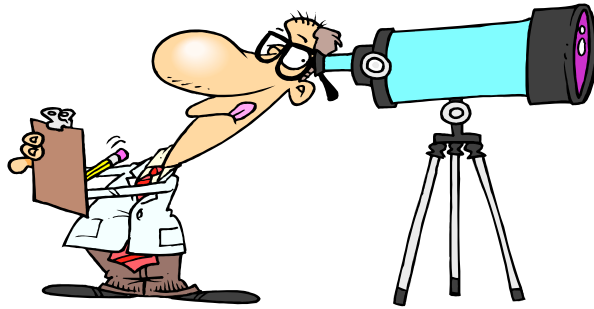


How I See Myself.



Describe yourself just as if you were the main character in a book or film. Give your description as it might be given by a friend who knows you very well and is very understanding of you, and perhaps knows you better than anyone else does. You can write your description here or tell it to someone and ask them to write it in for you if you prefer...

How Others See Me.



Sometimes other people see us in a different way than we see ourselves. In this part of your workbook we'd like you to think about the way other people see you.

How do your parents see you?

If you have brothers and sisters how do they see you?

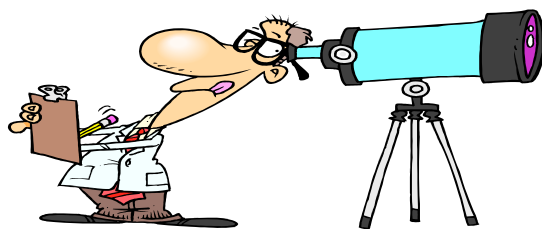
How do your friends see you?

If you go to school, how do other pupils at school see you?

If you go to school, how do teachers see you?



What do you think are the things that people most like about you?



How I See Myself.

From completing this part of my guidebook I think that the five best things about me are...

1

2

3

4

5

*Why not look back at this page
at times when you are feeling unsure
about yourself!*

