



- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

## You can find someone to talk to about your worries

In a survey done, by KidsHealth.org, of over 1,000 kids, about 25% of kids said they'd share their worries with a friend. Another 23% said they'd talk to their mom or dad. But the rest of the kids, more than half, said they'd just deal with their worries on their own or try not to think about it.

Keeping your worries to yourself is not a good idea. When you talk about your worries with someone else you almost always feel better. Also, when you talk about your feelings with someone else, you usually get feedback on whether your worries are realistic, and whether there is something you can do about them. When you keep your worries to yourself, you usually feel worse and you are more likely to think about them over and over again.

Write down a worry below that you have not shared with anyone. Filling in the blank spaces will help you share the details of what you are worried about. Who will you share this with? If you can't talk about it, maybe you can have the person read what you wrote?

I am really worried about \_\_\_\_\_ .

I think that \_\_\_\_\_ will happen and then \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ .

I think about this often, almost \_\_\_\_\_ times a day.

I think, "What if \_\_\_\_\_ happens?"

Then I would be \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ .