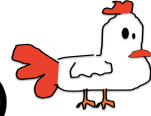


Worksheet #1 (Hortensia H.)



Follow the instructions below (use Hortensia H. as an example).

Write down three things you are thinking about right now:

1. CEREAL
2. NO friends
3. homework

Write three feelings you have related to those thoughts:

1. sad.
2. worried
3. lonely

Write down what you usually do when you have the feelings above:

cry

Write down three things you are thinking about right now:

- 1.
- 2.
- 3.

Write three things you feel when you think about the thoughts above:

- 1.
- 2.
- 3.

Write down what you usually do when you have the feelings above: