

Thought Tracker

Sometimes when Lisa feels upset, she focuses on unhelpful thoughts that come into her head. When this happens, she might avoid doing things she enjoys or trying new things and find it hard to come up with solutions. Thanks to the SAS Small Group, Lisa learned to use the Thought Tracker for noticing unhelpful thoughts and imagining these thoughts printed on a paper plane or a blimp and floating away. Then she refocuses on her breath and what she needs to do next. This helps her feel happier, calmer, and braver.

Skill #8 of the 25 Skills in the SAS Small Group Program

Hi, I'm Lisa, a Cadet with the Secret Agent Society. I use the Thought Tracker at home, school, and out and about.



I was playing a game and thought, "I hate this! I will never win!" But then I imagined watching these thoughts flying away on a plane. I focused on my breath and got back to the game.



I saw my test results and thought, "I'll never get top marks!" I felt even more upset. So, I imagined my thought drifting away on a blimp and went back to reading my teacher's feedback.



At basketball, I felt embarrassed after missing my shot. I noticed thinking, "They all think I'm not good enough!" So, I took some deep breaths, imagined the thought flying away. I got my head back in the game!

When Lisa is older, this skill may help her in situations like these:

- Doubting herself for making a mistake at work.
- Feeling nervous about giving her graduation speech.
- When thinking "I will never drive" after failing her first driver's license test.