

### CBT for Kids and Adolescents (My Ouch Story)

Everyone has a story to tell. When bad things happen, it makes it much harder to tell the story. When bad things happen to us, there is typically a lot of shame, guilt and embarrassment. This activity guides to achieve the goal of telling your story without shame, guilt and embarrassment. To get the story out, so that someone else can hear it and read it. Complete the sentences below with your story. Please use additional pages as needed.

I remember a time when \_\_\_\_\_

\_\_\_\_\_

First, \_\_\_\_\_

Next, I remember \_\_\_\_\_

Then, \_\_\_\_\_

Last, \_\_\_\_\_

I remember Feeling \_\_\_\_\_

I would like to feel \_\_\_\_\_

I need \_\_\_\_\_ Because \_\_\_\_\_

I feel safe when \_\_\_\_\_

These are the people in my life who support me \_\_\_\_\_

When I get upset, I can \_\_\_\_\_

To \_\_\_\_\_

Feel safe again.



SOLACE SHELTER