

9 Examples of How to Talk Back to Worry Monster



Worry Monster Says

I Can Say Back

1

You don't have any friends.

I do have two best friends. Nobody has zillions! Leave me alone!

2

Bullies at school are waiting for you.

You're just trying to scare me. My teachers and parents will keep me safe.

3

Those noises in the night are scary.

Let me think of what will keep me safe. Do I have a dog? Do my parents sleep close by? Are the doors locked? I will be okay.

4

You are not smart.

Of course, I am smart. Everyone misses things on test questions sometimes.

5

You have a funny nose.

My dad says my nose is just right! Go jump in a garbage can, Worry Monster!

6

No one will sit with you at lunch.

I am just not sitting at the right table. I'll ask the boy who sits in front of me to eat with me. Or maybe I'll try sitting with Sam for lunch. My mom and teacher will have other ideas for me.

7

You will get COVID.

Probably not because my family keeps me safe. I will wear my mask for now.

8

This problem won't ever go away.

Very few problems are forever. Worrying doesn't help. I will put the problem in the Worry Box and talk about it at Worry Time.

9

You won't see your friends again.

You are so wrong! I can see my friends online and I will see them in class soon.