

Concern	Feeling	Negative Thought	Behaviour	Positive Thought	Behaviour
My best friend won't be going there.	Loneliness	I'll be on my own. Nobody will speak to me.	The other children will think I'm odd so I'll pretend I don't want to talk to them.	Other people will feel just like me. I'll get to know them.	I'll go up to someone and say, "Hello, my name's Daniel. What's yours?"
I have asthma/diabetes/eczema.	Embarrassment	People won't like me. They won't want me in their groups.	I'll pretend not to care. I'll try to look tough.	I'll explain what's wrong with me and that I can do what others do so long as I ...	I'm using my inhaler/syringe/cream so that I can play the game of football.
My best friend will find someone new at his/her new school.					
I'll have so much homework I won't see my friend until the weekend.					