

- **Fire Alarm Analogy**

Talk to the youth about the body having alarm systems, just like the house/school has. In a house, the fire alarm may go off even if there is not a fire. The false alarm may be caused by burning toast, steam from cooking, batteries going dead, etc. Similarly, our body's alarm system may go off when there is no real need for it to go off. It may be that there is something new and/or a little difficult to do, but your body alarm makes you think it is an emergency....that everything is going to go wrong, that you won't be able to do it. You have to remember that it is a false alarm. Just like a house alarm can be set off by cooking, steam does not always mean that the house is burning down. Your alarm does not mean that what you worry about will happen. Remember that there are times when you feel scared but nothing bad happens. For example, you may watch a scary movie and feel scared but that does not mean something bad will happen to you....you are not in danger. When the alarm goes off in your body, you can learn to lower the volume, so that your brain feels less worried and you can see what is really going on instead of thinking about what could happen.