

SITUATION: What is happening?

Lisa is refusing to go to school (hasn't gone in 3 weeks). She says she feels ill in the morning.

FEELING(S): Rate from 1-10

Sick (6)

Anxious (9)

Angry (7)

1st THOUGHT(S) (Smart and Trick (emotional) thoughts running through head)

I am so far behind...I will never catch-up!

What if no one talks to me?

Why do I always have to do what my parents say!

I hate school!

People will wonder why I was gone...What will I say?

My teachers are going to be mad!

I can't do it!

THE DETECTIVE and THE REALISTIC THINKER:

(Evidence/Facts, Probability, Alternatives, What happened before? What do others do?)

I have more chances of catching-up at school than at home.

I want to graduate.

There is very little probability that NO ONE will talk to me.

The last time I missed school, Rihanna and Claire were glad to see me when I got back.

Going to school is the law...this is not my parents just trying to bug me.

There are many things I don't like about school but I am OK with ____, ____, ____.

Some people may ask me where I've been but most people won't care. I can practice a response and then distract them from the topic.

School takes up only 20% of my time per week (out of 168 hours).

I don't feel like doing it but I have in the past and I can learn to do it again.

PLAN (Smart Brain Behaviours):

Positive mantra "I can do this...I've done it before".

See if friend can come by for a visit before I go back to school/ I can use relaxation techniques.

See if friend can meet me at school.

Start off by attending part of the school day. I'll pick the part that I feel most comfortable with and build on it.

I can arrange with school to have my workload slowly increased. e.g., start off just attending the classes without homework requirements.

I can practice responses to give when people ask me where I've been. I can think of a question to ask them to distract them.

I will reward myself for my effort.

***parents should not make home comfortable (e.g., do not allow TV, computer access, use of cell phone etc. Can assign chores.) Child should be up at same time as when going to school and should be kept busy with school/work until 3-3:30

Trick (emotionally based) behaviours

Stay home.... AVOID--> increased tension with mom and dad; fall even more behind