

WHAT IS BRAVERY?

Being brave means doing something that is hard or scary WITH a good attitude (e.g., "I can do this," "it will be okay").

List ideas of things I want to work on for bravery:

How Hard? Bravery Scale!

1= not hard at all!

2= a little scary or hard

3= a little more scary or hard

4= getting sort of scary or getting harder

5 = getting scary or hard, but I can do it.

6= sorta scary, I'm having a hard time.

7 = even more scary/hard, I can do it, but its not easy.

8 = really hard, I'm not sure if I can do it.

9 = almost so hard, I'm sure if I can do it at all.

10 = SUPER SCARY AND HARD!!!

If something is harder than a 5/10, recommend doing it repeatedly until that number is below a 5/10.

If less than 5 bravery pts/day = active consequences

BRAVERY PRACTICE

| Date | POINTS (how difficult) | WHAT I DID THAT WAS BRAVE? | Total/ Reward |
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DAILY GOAL = _____ REWARD = _____

BIG GOAL = _____ REWARD = _____

List of Helpful Thoughts!

Even though I feel scared, I know I am safe

List of things I can DO when it is Scary or Hard

1. Bubble Breathing
2. Butterfly Imagery
3. Imagining the Beach (sight, sounds, smells, touch, taste)