

For Children: Helpful Thinking/Good Coach, Bad Coach Worksheet



The way we think about things changes **the way we feel** about things. The thoughts in your head are like having your own personal coach. A bad coach says unhelpful things that make players feel and play worse. A good coach helps players feel and do better by saying hopeful things.

1. Bad Coach = Unhelpful Thoughts

You've had something really bad happen to you. What are some of those unhelpful thoughts you are having about what happened? Write down the thoughts that sound like a bad coach.

Select the way(s) you feel when you have unhelpful thoughts.

Scared Sad Mad Helpless Lonely Hopeless Other: _____

2. Good Coach = Helpful Thoughts

Let's change things and imagine that you had a good coach saying helpful things to you. What kinds of helpful thoughts would a good coach say?

Select the way(s) you feel when you have helpful thoughts.

Brave Happy Safe Strong Not So Alone Hopeful Other: _____

3. Practice with the Good Coach

Now is the time to **fire the bad coach** and **hire the good coach!** Focus on listening only to the good coach. Just like playing a sport, **it takes practice** to get used to thinking helpful thoughts. It's not as easy as it sounds. List some times when you can practice using helpful thoughts.
