

TASK: SOOTHING LETTER

ARE YOU AFRAID SOMETHING TERRIBLE WILL HAPPEN UNLESS YOU DO SOMETHING OVER AND OVER? DOES THE RITUAL AND THE OBSESSION OF HAVING TO DO SOMETHING OVER AND OVER INFLUENCE HOW YOU'RE FEELING? DOES IT STOP YOU FROM DOING WHAT YOU WANT? YOU'RE NOT ALONE! AND WITH A BIT OF HELP FROM ME, I'M SURE WE CAN BEGIN TO UNDERSTAND WHY YOU FEEL LIKE THIS!

EVERYONE HAS THOUGHTS THAT COME INTO THEIR MINDS EVERY DAY. SOME THOUGHTS ARE GOOD AND SOME ARE BAD. HAVE YOU COMPLETED THE TASK ON **GOOD AND BAD THOUGHTS** TO TRY AND PUT THESE IN ORDER FIRST? MAYBE THIS WILL HELP YOU BEFORE DOING THIS TASK.

PUTTING YOUR THOUGHTS ON PAPER CAN BE VERY POWERFUL AND IS A GOOD WAY OF EXPRESSING YOUR FEELINGS WITHOUT HAVING TO VOICE THE WORDS – BECAUSE THAT CAN BE SCARY, CAN'T IT?

WHAT ABOUT WRITING A **LETTER** TO THE BAD THOUGHTS IN YOUR HEAD?

- **THANK THEM FOR BEING THERE WHEN THEY KEEP YOU SAFE AND TO IDENTIFY RISK OR WHEN THEY HELP IN DIFFICULT SITUATIONS.**
- **BUT, YOU HAVE TO NOTE THAT, BY NOW, YOU'VE HAD ENOUGH OF THEM AND THAT THEY'RE TOO PRESENT IN YOUR MIND SOMETIMES.**
- **YOU'RE GRATEFUL FOR THE THOUGHTS IN YOUR HEAD BUT THEY CAN TIRE YOU AND STOP YOU FROM LIVING LIFE TO THE FULL LIKE ALL OTHER CHILDREN.**
- **TELL THEM THAT YOU NOW HAVE TO BE RESPONSIBLE FOR CONTROLLING YOUR OWN THOUGHTS, AS YOU NOW KNOW THAT THEY CAN MISLEAD YOU.**



IF YOU FEEL CONFIDENT ENOUGH AFTER WRITING THE LETTER, HOW ABOUT RECORDING IT IN THE FORM OF A VIDEO OR VLOG?

REMEMBER – YOU CAN BATTLE AGAINST ANYTHING!