**Changing Your Tune**

Sometimes we think about bad things over and over (like a song you don’t like that gets stuck in your head). We’ll call this a *bad song*, because it can make us feel really bad! But guess what? You can stop that *bad song*! All you have to do is notice when that *bad song* plays in your head. As soon as you hear it, press **STOP!** You can also say, “Go away, bad song!” Then, you can sing yourself a **happy song** (one that makes you feel good)

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How does your bad song go? You can write or draw your bad song here:

How does your **happy song** go? Write some of the words or draw a picture of you **happy song here:**

Lets practice! Sing your bad song right now in your head. When I say **STOP**, start singing you happy song instead. Now you can decide when to press STOP on your bad song and PLAY your happy song!

*Adapted from Your Very Own TF-CBT Workbook (Hendricks et al., n.d.). Retrieved from* [*http://ego.thechicagoschool.edu/s/843/images/editor\_documents/childadolescent/TF-CBT%20workbook.pdf*](http://ego.thechicagoschool.edu/s/843/images/editor_documents/childadolescent/TF-CBT%20workbook.pdf)

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| --- | --- | --- | --- |
| What happened? | What went through your head during or after the event? | What did I feel? | Questions to ask yourself? |
|  |  |  | Are my thoughts true? Y or N |
|  |  |  | What happened in the past when I’ve faced this situation? |
|  |  |  | Is there evidence to support my view?  Y or N |