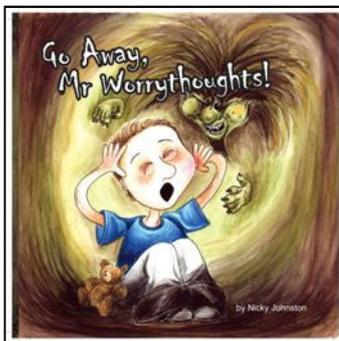




PUZZLE CORNER No.007

COLOUR IN

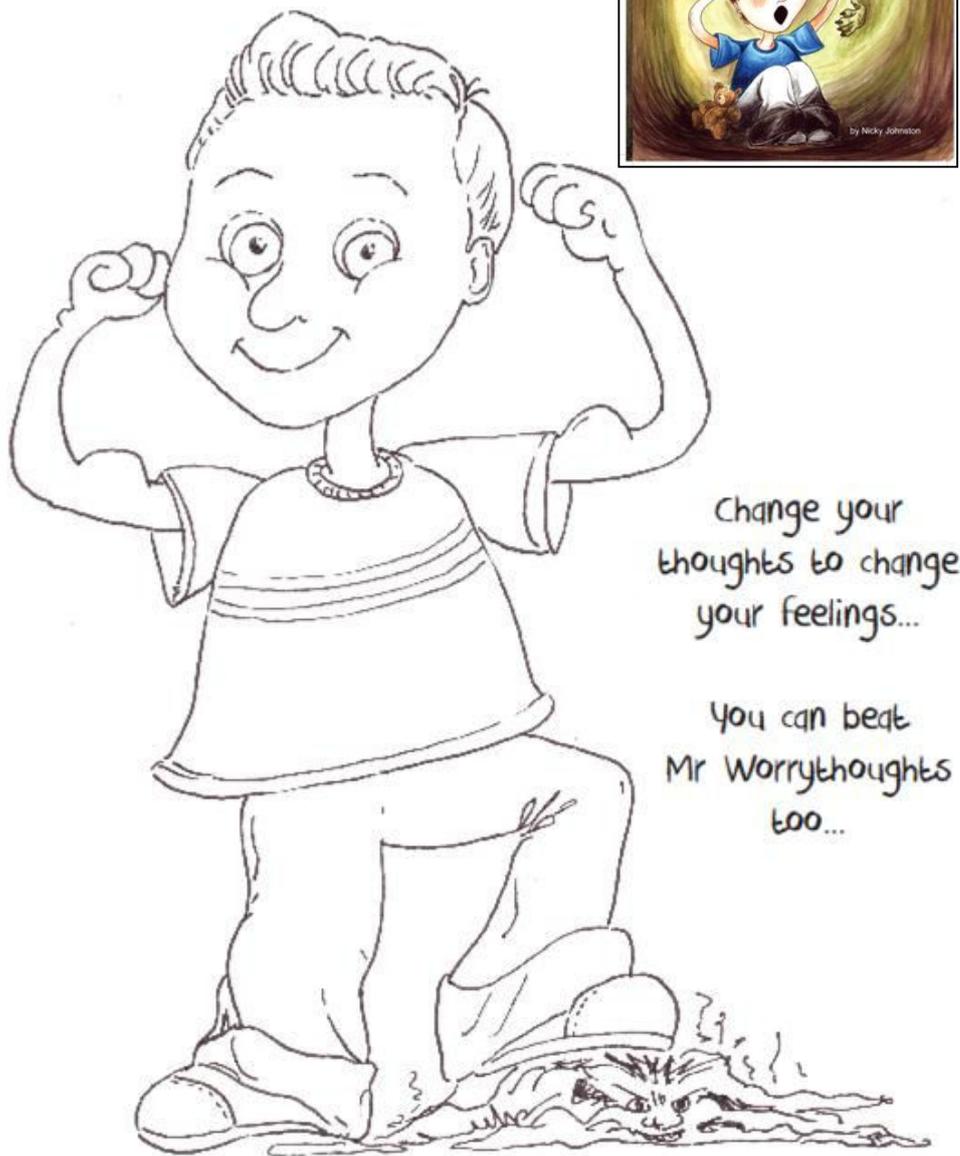


GO AWAY MR WORRYTHOUGHTS.
written by Nicky Johnston.

Nicky first wrote *Go Away, Mr Worrythoughts!* to assist her eldest son Bayley, who suffers from Generalised Anxiety Disorder (GAD). This simple story tells of his battle with anxiety and the simple technique he has learned and used for over six years to beat his 'worry thoughts'. The book was written to remind Bayley that he has the power to take control of his anxiety and live a happy life.

In Short, *Go Away, Mr Worrythoughts!* tells the story of Bayden who is consumed by anxiety and worry thoughts. It describes how he struggles to eat, to sleep and to find joy and laughter in the things that most other children take delight in. The book uses the character Mr Worrythoughts, an awful ugly monster, as the manifestation of Bayden's anxiety. Mr Worrythoughts is ever-present, telling Bayden he is bad, he will fail, he is not liked and that bad things will happen. Then one day, Bayden stands up to Mr Worrythoughts. He recognises Mr Worrythoughts for what he is, a small voice that can be controlled and silenced simply by recognising he is feeling anxious and intentionally changing his thoughts to shift his negative feelings to positive ones. The book describes this as Bayden finding his 'superpowers' and reflects the very premise of CBT which suggests that we can all change our thoughts to change our feelings.

The book ends showing a happy, confident Bayden enjoying his favourite book in a comfy seat. He knows Mr Worrythoughts is likely always to be lurking around, but armed with his superpowers, he has the power and the confidence to face any situation.



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Use coloured pencils, crayons or textas to complete the picture.

This puzzle created for YABBA 17 January 2013 with permission from Nicky Johnston.

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