

CBT Stories



**Interactive Stories and
Scenarios for Introducing CBT**

Two interactive stories, walking students/clients through characters' feelings, behaviors, and thoughts to show the importance of their thoughts.

One day there were two boys, the same age, both walking down the street. What should we name them?

While they were walking, they both saw the same dog in the middle of the road. This is what the boys looked like when they saw it.

Whoa. They look like they feel very different. How does it look like the first boy feels? What about the second boy?

If they are *feeling* differently, they will probably *act* differently. What do you think each of them will do?

Hm. So both boys see the same dog, but they feel and act totally differently. I wonder why that could be. What do you think?

What about their thoughts? What if the boys were *thinking* different things and that's why they felt differently? What do you think they thought?

The boys were *thinking* different things when they saw the dog – that's why they felt and acted so differently!

Our thoughts are POWERFUL! The words in our mind can make us feel good or bad and can lead us to make helpful or unhelpful choices.

SOMETHING HAPPENS AND THEN...

WE THINK! → WE FEEL! → WE DO! → WE FEEL! → WE THINK!

SCARED

EXCITED CALM

HIDE CRY RUN

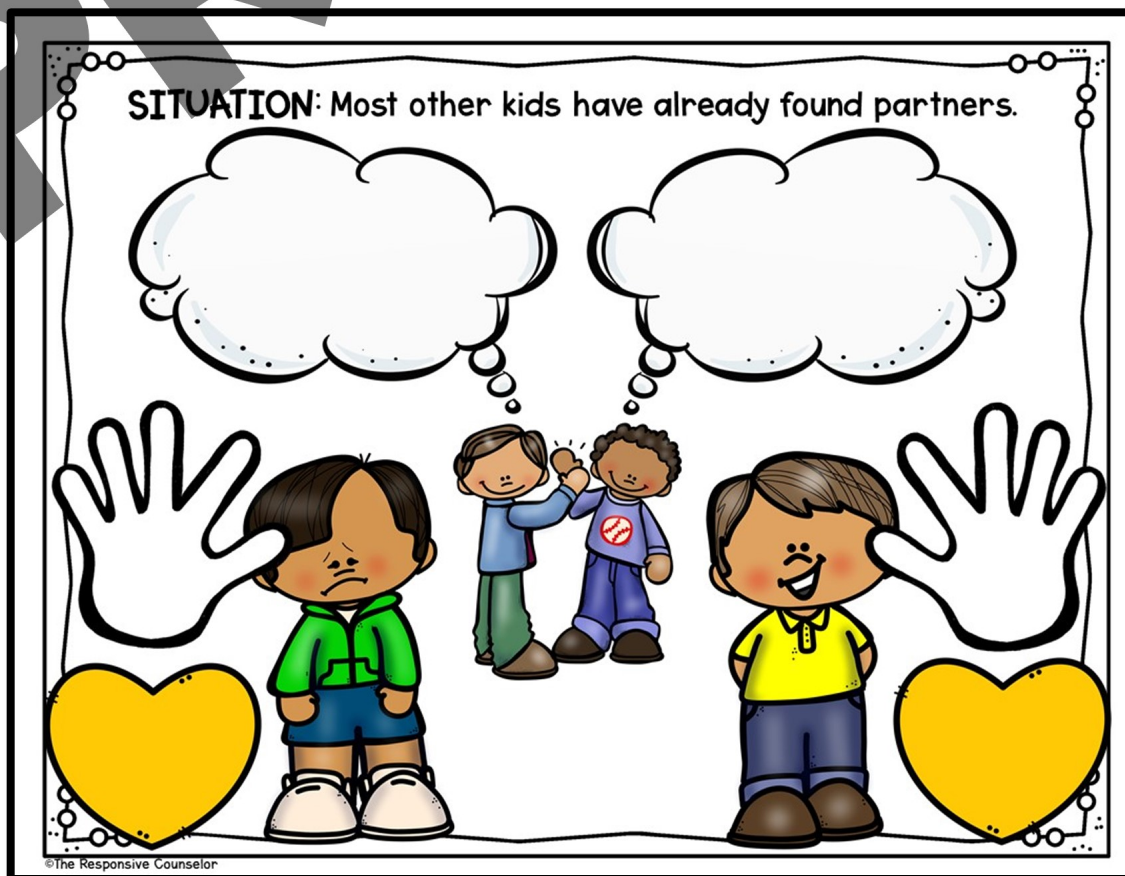
KEEP GOING

Dogs are dangerous! It might bite me.

What a cute dog!

The comic consists of seven panels. Panel 1: Two boys are walking down a street. Panel 2: They see a dog in the middle of the road. Panel 3: The boy on the left is crying and covering his face, while the boy on the right is smiling. Panel 4: The boy on the left is running away, and the boy on the right is standing still. Panel 5: The boy on the left is crying and covering his face, while the boy on the right is smiling. Panel 6: The boy on the left is running away, and the boy on the right is standing still. Panel 7: The boy on the left is running away, and the boy on the right is standing still.

12 Additional Scenarios

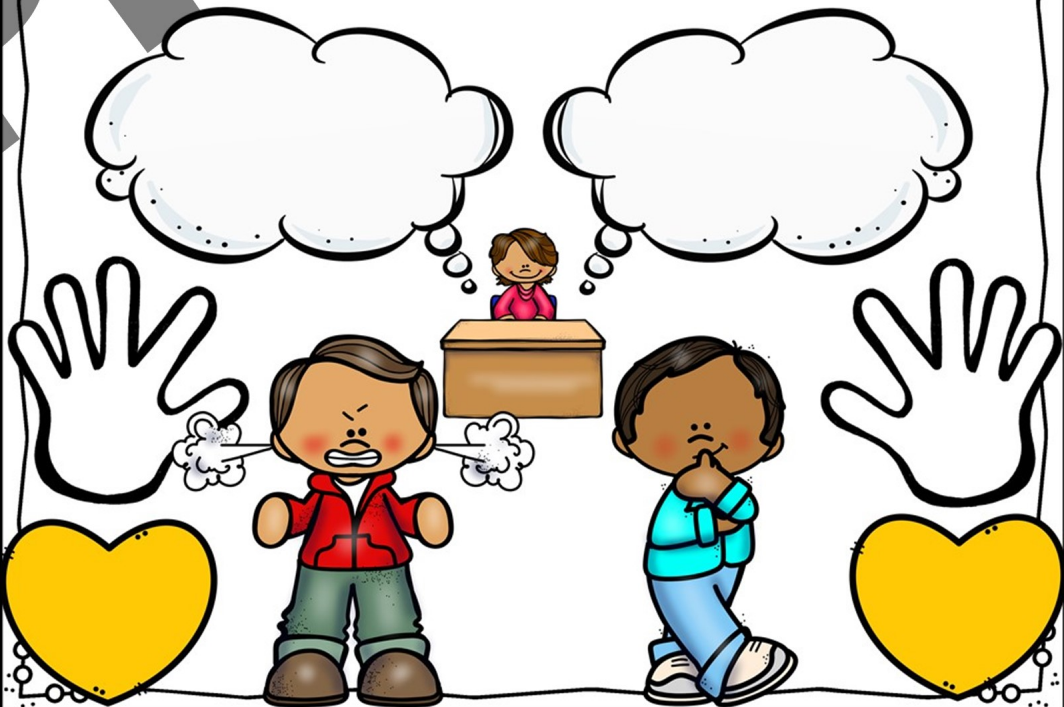


SITUATION: They weren't invited to someone's birthday party.



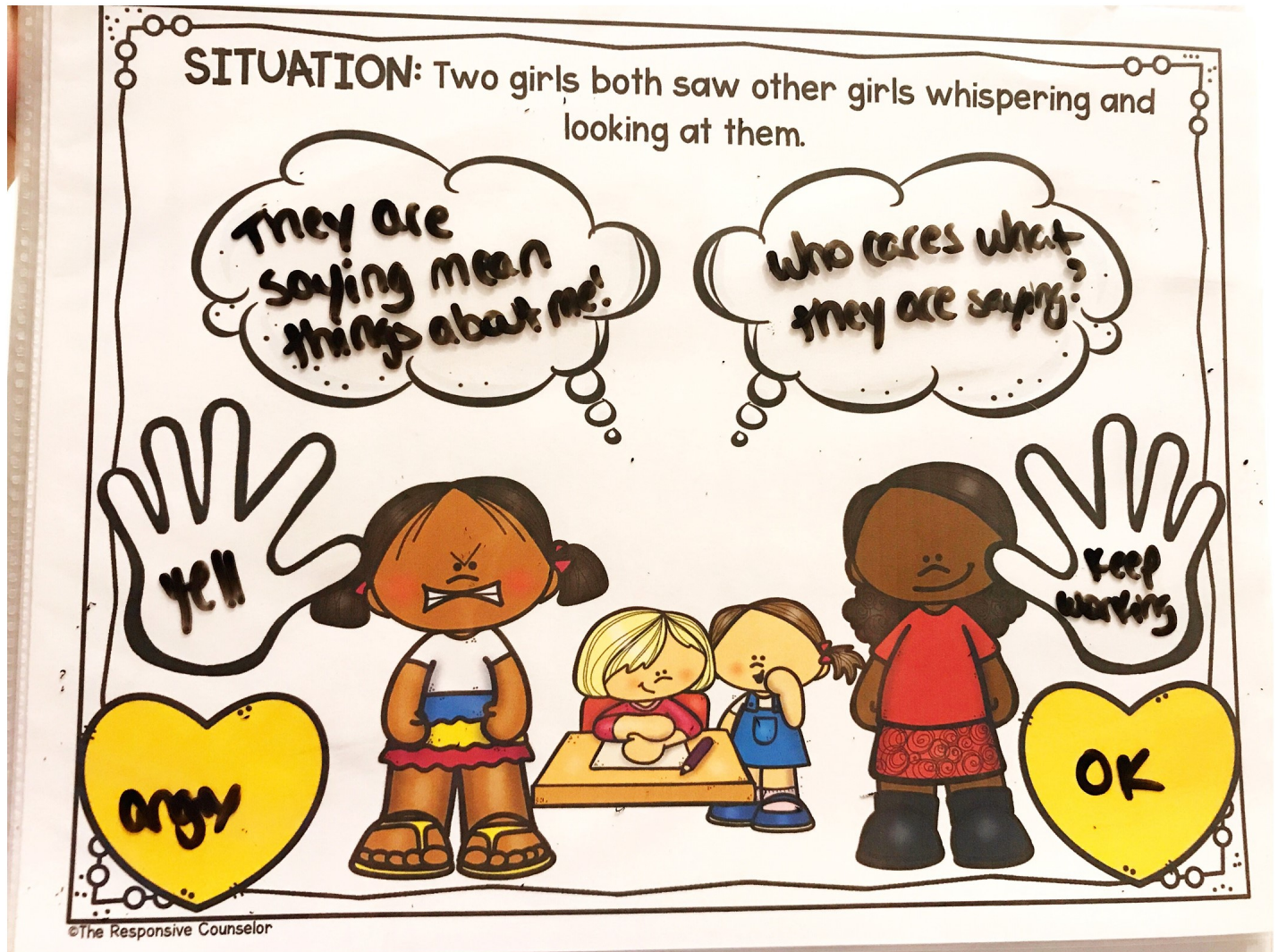
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SITUATION: The teacher asked them to come to her desk.



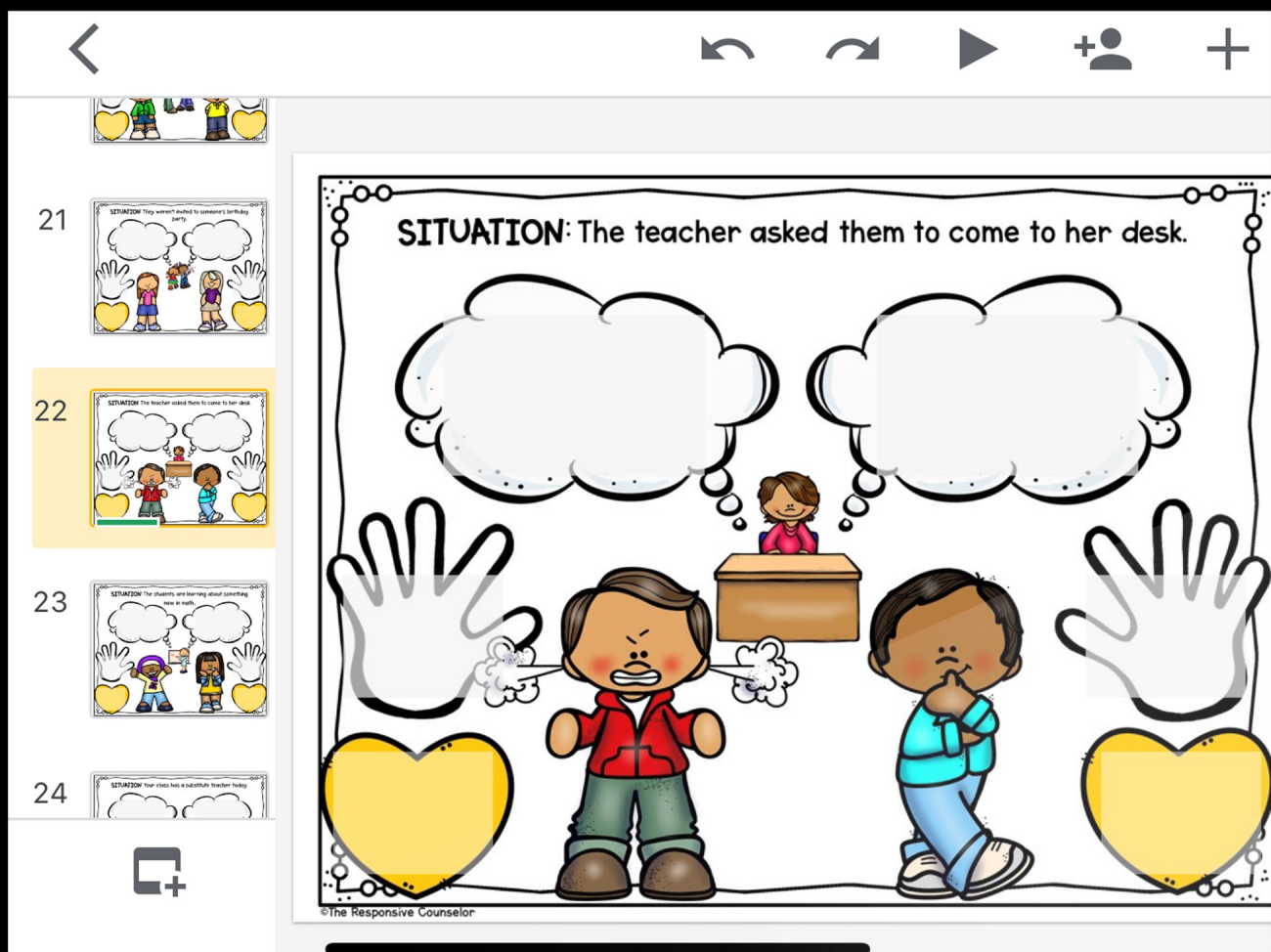
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Print and Put in Sheet Protectors to Use Over and Over Again!



(Or skip the printing and talk through the PowerPoint version)

Also Included as Google Slides ™ for Distance Learning



the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to ALL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I served as an elementary school counselor for 7 years, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

