

3 Paper Fortune Tellers for Exploring Upsetting Emotions

Cognitive-Behavioral Therapy Activities for Counseling and Therapy

To make them:

1. Cut out all four sides of the perimeter of the Fortune Teller.
2. Fold them. This video shows you how: <https://bit.ly/34QK6jX> Start folding with the printed side facing *down*. with the printed side facing *down*.

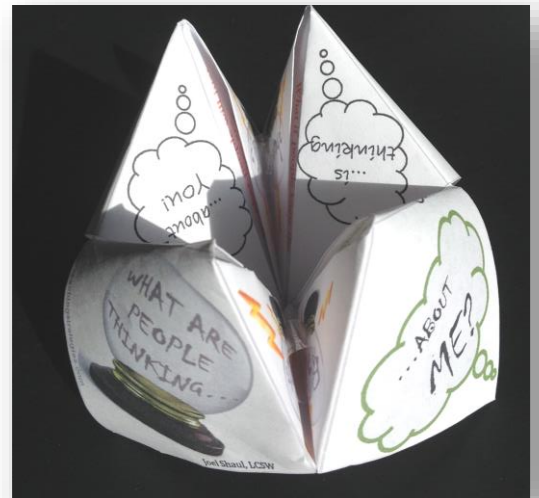
Many young people have persistent problems with anxiety, sadness, anger and other upsetting emotions. To maintain engagement in counseling and psycho-education, we need to provide novel approaches and introduce some levity whenever possible.

On my website, I have also posted a number of **simpler Paper Fortune Tellers** to help with social communication and simple exploration of emotions. To find these, go to <http://bit.ly/1divqbX>

Also included on my website are a great many free card games, worksheets, videos and other activities for exploring and working on emotional issues.

Here are some suggestions for introducing these Fortune Tellers :

1. Introduce some basics concerning the connection between automatic negative thoughts and negative emotions. I suggest you do this by viewing , with children, this very short video I made: <http://bit.ly/1usyVkg>
2. Working in pairs, and taking turns, person number one says, "Spell your name." For each letter, the child holding the Fortune Teller manipulates the device back and forth.
3. Person number two is then shown the two options appearing on the inner triangles. Person one says, "Pick which one you want." The example to the right shows the innermost petals which are revealed at this point.
4. Person one opens up the innermost flaps, where four options appear. He tells person two, "Pick A, B, C or D." Person one reads the option selected. If the option read is a negative thought, person two has to tell how to deal with such thoughts. If the option selected is a positive thought, person two must describe a time when he needed to use such a thought to solve a problem.



All-or-Nothing Thinking Paper Fortune Teller

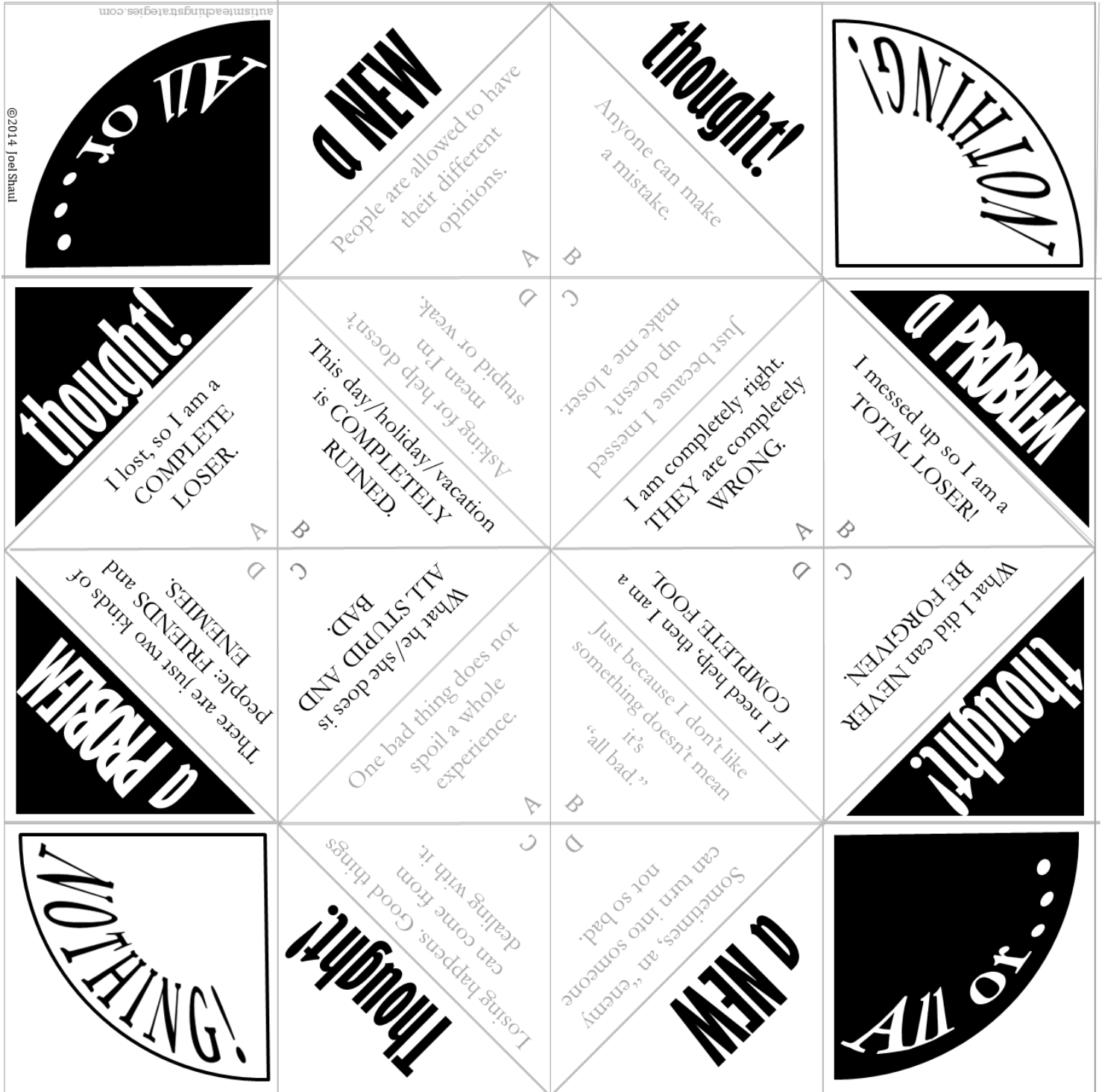


Directions:

1. Ask your partner to spell, slowly, the name of their mom, dad, grandmother, dog, cat, etc. Move the paper fortune teller once for each letter.
2. This will take you to either "A Problem Thought" or "A New Thought."
3. Open one of the petals.
4. Tell your partner, "Pick A, B, C or D."
5. Have your partner read the one that is chosen.
6. If it is a Problem Thought, ask "When have you had a thought like this? What kind of thoughts could help you when this happens?"
7. If it is a New Thought, ask "When is a time that you might have needed a thought like this in order to get over a problem?"

Make up your own games and activities.

**Cut around the perimeter line before folding.*



Anxiety Paper Fortune Teller



Directions:

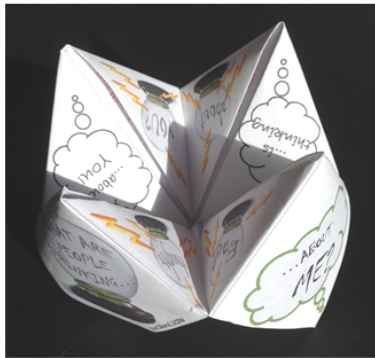
1. Ask your partner to spell, slowly, the name of their mom, dad, grandmother, dog, cat, etc. Move the paper fortune teller once for each letter.
2. This will take you to either "Bad Things Will Happen" or "But Maybe Not So Bad."
3. Open one of the inner petals.
4. Tell your partner, "Pick A, B, C or D."
5. Have your partner read the one that is chosen.
6. If it is a helpful thought, ask "When have you had a thought like this? What kind of thoughts could help you when this happens?"
7. If it is a helpful thought, ask "When is a time that you might have needed a thought like this in order to get over a problem?"

Make up your own games and activities.

**Cut around the perimeter line before folding the fortune teller.*

<p>© 2014 Joel Shaul</p>	<p>It might not be so bad if I get help</p> <p>A</p>	<p>Some things ARE dangerous... but maybe I am being too afraid?</p> <p>B</p>	
<p>It's going to be TOO HARD. Too demanding.</p> <p>A</p>	<p>It's going to be TOO DANGEROUS and no one can tell me otherwise!</p> <p>B</p>	<p>Trying strange, new things might make me stronger and smarter.</p> <p>C</p>	<p>I won't be able to cope when unexpected things happen!</p> <p>B</p>
<p>I will NEVER be able to do it alone!</p> <p>D</p>	<p>Being afraid of panic can make a person worried and weak</p> <p>A</p>	<p>Doing new things can be like an adventure</p> <p>B</p>	<p>I am going to panic, and no one will help me!</p> <p>C</p>
	<p>Just because one bad thing happened, that doesn't mean more bad things will happen..</p> <p>C</p>	<p>Usually, a person should not "hide" at home if they feel discouraged.</p> <p>D</p>	

Social Anxiety Paper Fortune Teller



Directions:

1. Ask your partner to spell, slowly, the name of their mom, dad, grandmother, dog, cat, etc. Move the paper fortune teller once for each letter.
2. This will take you to either "Bad Thoughts About You" or "You Don't Know What Someone Is Thinking About You."
3. Tell your partner, "Pick A, B, C or D."
4. Have your partner read the one that is chosen.
5. If it is a problem thought, ask "When have you had a thought like this? What kind of thoughts could help you when this happens?"
6. If it is a helpful thought, ask "When is a time that you might have needed a thought like this in order to get over a problem?"

Feel free to make up your own games and activities.

**Cut out around the perimeter before folding*

