



MICE
Mental health interventions for Children with
Epilepsy

Double Bubbles on My Own

Think of a situation from your own life when you had a **B-L-U-E** thought. Examine the evidence to see if the thought is realistic. Try to come up with a more realistic **TRUE** thought, and see whether it changes your feelings thermometer! Remember to ask yourself the following questions:

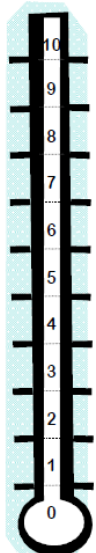
- What's the evidence?
- Is there another way to look at the situation?
- What would you tell a friend who had this thought?
- What if it is true - would that really be so bad?

What was the situation?

Your B-L-U-E thought:

A more realistic TRUE thought:

This thought made me feel....



10 very good

8 sort of good

5 so-so

2 sort of bad

0 very bad



This thought made me feel....



10 very good

8 sort of good

5 so-so

2 sort of bad

0 very bad

