

Name \_\_\_\_\_

Date \_\_\_\_\_

# Skit: Is it True?



**Part 1:** We don't always have to believe what we think! Below, write down a thought or negative belief you may have (Examples: The food at school is always horrible. My brother is annoying. I'm a bad artist.)

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Answer the following questions to investigate this thought:

Is it true? \_\_\_\_\_

How do you know it is true?

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Review the answers above with a parent or caring adult. Are you now able to not believe every thought? How does this make you feel?

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**Part 2:** Now, write a skit and act it out on video or for a family member! In the skit, include a scenario where someone uses these questions (Is it true? How do you know it's true?) to help them discover that their thoughts are not always true.

Problem or negative belief:

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