

**MY  
WORKBOOK...**

**NAME:**

**DATE:**

1<sup>st</sup> week

WHAT MAKES ME FEEL TENSE OR  
NERVOUS?

HOW IS THIS AFFECTING ME?

CAN I GIVE MY PROBLEM/TENSION A  
NAME? \_\_\_\_\_

How do I monitor?

MY \_\_\_\_\_ (TENSION) DIARY..

-WHAT WAS IT ABOUT?

-WHAT WAS I THINKING THEN?

-HOW DID I FEEL?

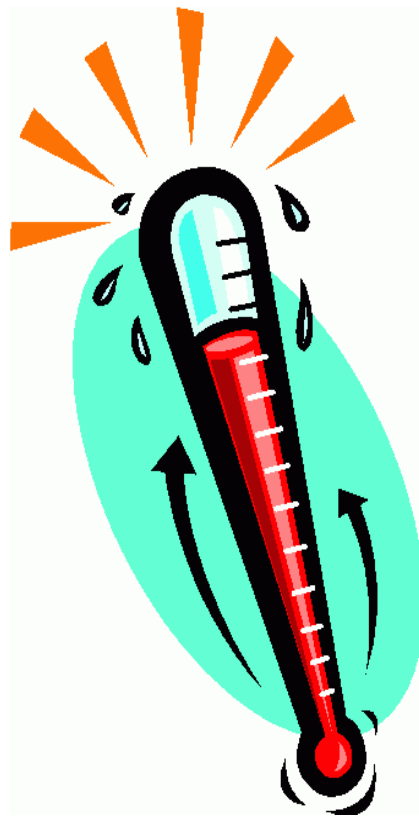
MY TENSION THERMOMETER...

0 1 2 3 4 5 6 7 8 9 10

No

Medium

Too much



2<sup>nd</sup> week

MY TARGETS TO ACHIEVE..

HOW DO I WISH TO BE WHEN I COMPLETE THIS  
WORKBOOK?

WHAT'S MY PLAN?

Name: \_\_\_\_\_ 's PLAN..

*3<sup>rd</sup> week*

*HOW DO I HELP MYSELF TO RELAX?*

*HOW DOES RELAXING MY BODY HELP RELAX  
MY MIND? IS THAT TRUE? HOW DO I KNOW?*

4<sup>th</sup> week

LET ME LEARN TO RECOGNISE MY \_\_\_\_\_  
(TENSION/ ANXIETY).

HOW DOES IT START? WHICH SYMPTOM COMES  
FIRST?

DID I REMEMBER TO PRACTICE MY  
RELAXATION THEN? HOW DO I REMEMBER IT  
NEXT TIME?

*HOW CAN MY PARENTS , TEACHERS AND  
OTHERS HELP ME?*

5<sup>th</sup> week

TENSION DIARY..

WHEN I FELT/HAD \_\_\_\_\_ (TENSION) WHAT  
WAS IT ABOUT?

WHAT DID I FEAR WOULD HAPPEN?

WHAT COULD BE THE WORST THING THAT  
COULD HAVE HAPPENED? HOW TRUE IS THAT?

HOW DID I MANAGE? WAS IT OKAY?



6<sup>th</sup> week

HOW DO I CHALLENGE MY NEGATIVE  
THOUGHTS?

WHAT ELSE I COULD TRY TO MANAGE MY  
\_\_\_\_\_ (TENSION)?

HOW DO I PREPARE MYSELF? SHOULD I  
PRACTICE? WHY IS IT IMPORTANT TO  
PRACTICE?

*After 8 weeks*

*HOW AM I FEELING ABOUT MY \_\_\_\_\_  
NOW?*

*WHICH PLAN WORKED THE BEST?*

*WHAT ARE MY CURRENT TARGETS?*

NOW, I AM CONFIDENT I CAN MANAGE MY  
----- BECAUSE...

I AM HAPPY ABOUT HOW I DID IT  
BECAUSE...

I LEARNT FROM MY FRIENDS IN MY  
GROUP ABOUT...

IF THERE IS A NEW PROBLEM, I AM  
CONFIDENT THAT I CAN SOLVE IT BY....

WHAT WILL I TELL MY FRIEND, WHO IS  
ANXIOUS?

WHAT TECHNIQUES WILL I TEACH  
HIM/HER?

*Certificate of Achievement*

*This is to appreciate Ms / Mr*  
*\_\_\_\_\_ for his / her sincere efforts*  
*in successfully completing the program and*  
*achieving the targets set. We also appreciate*  
*family members and teachers for their support*  
*and encouragement.*

*With best wishes from*

*CAP team*