

Naming My Worry Monster

Have you had the pleasure of meeting Nelly yet? Nelly is my worry monster. She likes to pop up and remind me that the worst thing in the world is going to happen. When this happens, I like to name what she is doing. I say “oh, here comes Nelly again trying to make me think the worst thing possible is going to happen”. Nelly and I can sometimes get into a lengthy conversation about why she is wrong.

Having these types of conversation with the thoughts in your head is completely normal. In fact, if you can prove to Nelly that she is wrong, these conversations are very helpful!



What name do you give to your 'Nelly'?

What are the types of things that they tell you?

What can you say to them next time they appear?

Why is it important to name them?