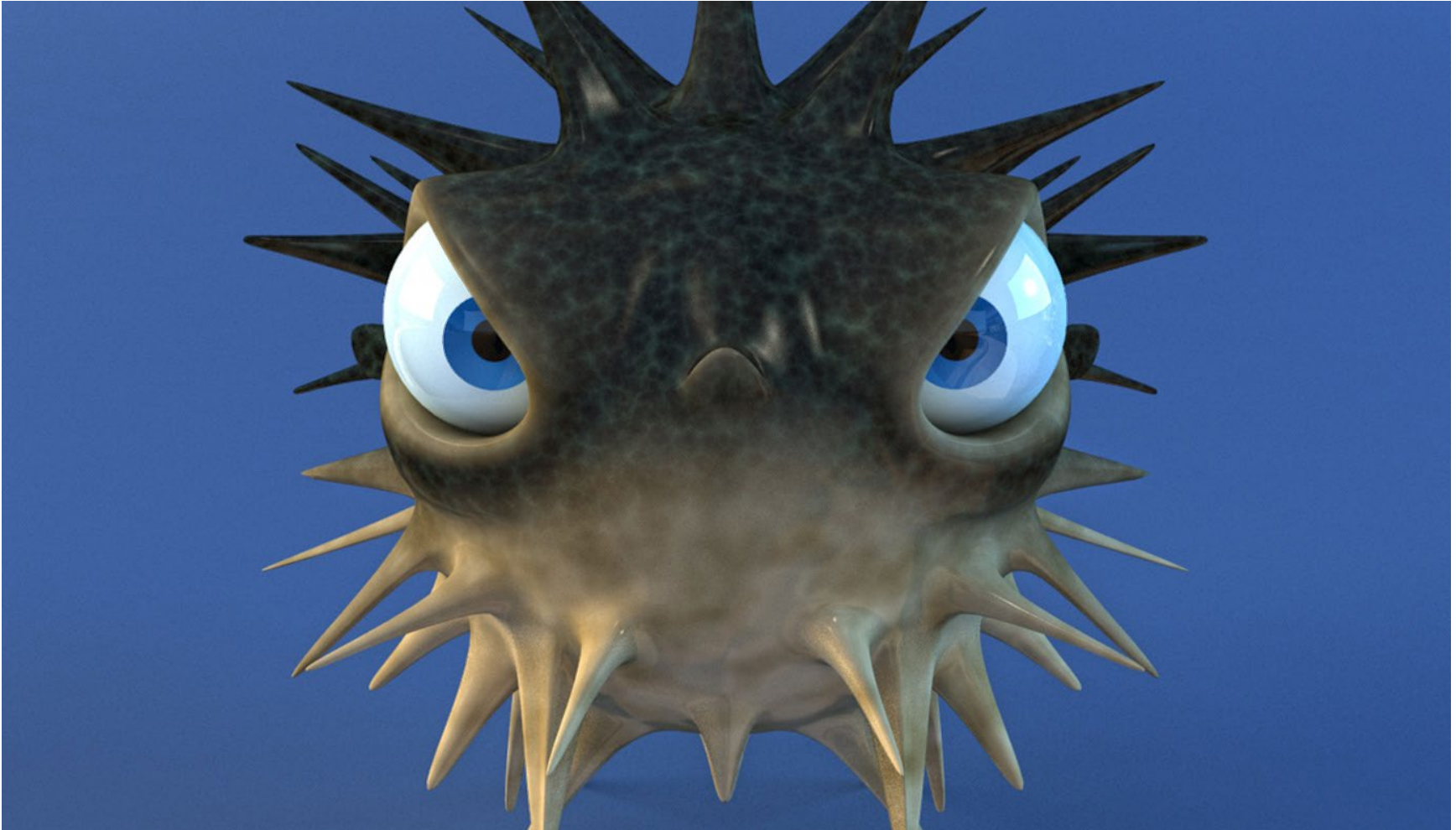


Created by Courtney Pope, El Futuro





Print these pictures and explain the concept of “cold and prickly” vs. “warm and fuzzy”. The client may want to name the animals in the pictures to be able to refer to them later. (For example, I have a client that called them “Mr. Prickles” and “Ms. Fluff” and would refer to what “Ms. Fluff” would say in a situation.)

Write out several scenarios that the client may encounter in real life. (I just have these written on 3x5 cards.) For every scenario, write out a “cold and prickly” thought and then a “warm and fuzzy” thought. Have the client read the scenario and then guess which thought is “cold and prickly” and which one is “warm and fuzzy” and then have them associate the thought with the corresponding blowfish/bunny picture. (I have the thoughts written on sticky notes, and the client puts the sticky note on the corresponding picture.)

Once the client has the hang of it, offer an example of a “cold and prickly” thought for a scenario, and then have the client themselves come up with an alternative “warm and fuzzy” thought. They can write down their thought on a sticky note as well and put it on the bunny picture.

Here are some examples of scenarios and thoughts (most are not original and have been taken from other TF-CBT resources on NC-POP):

Scenario 1: Your mom thinks that you’re lying and you’re not.

Cold and prickly: Mom will never believe me!

Warm and fuzzy: Mom will believe me after I explain calmly.

Scenario 2: Your friend invites you to sit with them at lunch.

Cold and prickly: I bet they’re just inviting me to play a practical joke and laugh at me.

Warm and fuzzy: We will have fun at lunch together.

Scenario 3: Your mom blames you for something your brother did.

Cold and prickly: That’s not fair!

Warm and fuzzy: She won’t be mad at me once she knows the truth.

Scenario 4: Your teacher announces a pop quiz.

Cold and prickly: I’m not good at this subject. I’m going to fail.

Warm and fuzzy: I’ve done all of my homework, so I should be OK.

Scenario 5: You didn’t make the soccer team.

Cold and Prickly: I’m not good at anything.

Warm and fuzzy: This is a chance for me to try something else.

Scenario 6: Your mom is late coming home from work.

Cold and prickly: I bet she was in a car accident.

Warm and fuzzy: [have client fill in]