

SESSION**General Introduction to the Intervention**

1**SESSION TOOLS**

The following materials are included for you to utilize during **Session 1** of this module:

- **Handout 1.1: Goal Worksheet**

Handout 1.1: Goal Worksheet

Goal Worksheet					By the end of this intervention:				
I want to feel LESS: <i>(please circle all that apply)</i>									
Nervous		Scared		Angry		Upset		Sad	
I want to feel MORE: <i>(please circle all that apply)</i>									
Happy		Calm		Excited		Relaxed			
I want to change the way I do things and think about things: <i>(please check ✓ all that apply)</i>									
<input type="checkbox"/>	Calm myself down when I feel upset.								
<input type="checkbox"/>	Think about things that happened without feeling upset.								
<input type="checkbox"/>	Talk about things that happened without feeling upset.								
<input type="checkbox"/>	Stop avoiding things that made me nervous.								
<input type="checkbox"/>	Have fewer problems in school.								
<input type="checkbox"/>	Think more about things before I do them.								
<input type="checkbox"/>	Make better decisions.								
<input type="checkbox"/>	Have fewer problems with my family.								
<input type="checkbox"/>	Have fewer problems with my friends.								
I also want to change:									
Parent's Section									
What would you like to see changed in your child by the end of the intervention:									