



**‘STARVING THE STRESS GREMLIN: A COGNITIVE BEHAVIOURAL THERAPY
WORKBOOK ON STRESS MANAGEMENT FOR YOUNG PEOPLE’
LEARNING & PROGRESS EVALUATION SHEET**

This is your chance to show how much you have learnt and what you have achieved whilst completing the ‘Starving the Stress Gremlin’ workbook. It is also your opportunity to feedback the impact that you think the workbook has had on you, if any, and what you think of the workbook.

My name is..... (optional)

I am years of age (please fill in your age) I am..... MALE FEMALE (please circle your answer)

WHAT I HAVE LEARNT (Tick the box for each item that you feel you have learnt)

Having successfully completed the ‘Starving the Stress Gremlin’ workbook....

- I understand that the fight, flight or freeze response helps us to cope with ‘real’ emergency situations.
- I can name the physical changes that occur as part of our bodies’ fight, flight or freeze response.

I understand that we can sometimes experience fight, flight or freeze false alarms if we:

- Are thinking about non-emergency situations as though they are emergencies and we believe we can't cope with them.
- Are experiencing a number of difficult situations at one time or over a long and constant period of time that are putting pressure on us that we think we can't cope with.

I understand that if we get stuck in a cycle of fight, flight or freeze false alarms we may experience stress.

I understand that stress is a response to situations that put demands or pressures on us that we think we cannot cope well enough with because:

- We are viewing situations as worse than they actually are.
- We are going through a number of difficult situations at one time or over a long period of time.

I understand that occasional, short-lived stress is normal.

But I also understand that if I feed my Stress Gremlin too often my stress will become problematic.

I can name some cognitive symptoms of stress.

I can name some physical symptoms of stress.

I can name some different ways that people might behave when they get stressed.

I can name some different emotions that people might experience alongside their stress.

I am aware of how I think, feel and behave when I get stressed.

I understand that many young people experience stress at some point in their lives.

I am aware that different people can experience stress in different ways.

I am aware that different people get stressed about different things and that these are known as stressors.

I can name different types of stressors.

I am aware of my own stressors.

- I understand that it's how I think about a stressor and/or my ability to cope with that stressor that leads to my stress not the stressor itself.
- I understand that the Stress Gremlin Cycle shows the links between how I think, feel and behave when I get stressed.
- I can name the five parts of the Stress Gremlin Cycle.
- I understand what feeds my Stress Gremlin.
- I understand the types of thinking errors that feed my Stress Gremlin and lead to my stress.
- I understand the types of behaviours that feed my Stress Gremlin and help to keep my stress going.
- I understand that the more I feed my Stress Gremlin, the more stress-related physical symptoms I will experience.
- I understand that if I feed my Stress Gremlin too often I may experience other negative emotions too.
- I understand that feeding my Stress Gremlin too often can have negative effects on me and I can name some of these effects.
- I understand that feeding my Stress Gremlin can have a negative effect on other people and I can name some of these effects.
- I understand that I am in control of how I react in situations.
- I understand that I am in control of my Stress Gremlin.
- I understand that I can choose to starve my Stress Gremlin using the right strategies for me and my stress.
- I understand that managing my thoughts can help me to starve my Stress Gremlin.
- I understand that the strategies that can help people to manage their thoughts and starve their Stress Gremlins include:
- Thinking more realistically about situations.
 - Thinking more positively about themselves and their lives.
 - Replacing unrealistic expectations of themselves with realistic ones.

- I understand that managing my behaviours can help me to starve my Stress Gremlin.
- I understand that the strategies that can help people to manage their behaviours and starve their Stress Gremlins include:
- Reducing their avoidance of situations.
 - Implementing positive and constructive coping strategies.
- I can name the positive and constructive strategies that I can choose from depending on what is appropriate for me and my stress.

WHAT I HAVE ACHIEVED **(Tick the box for each achievement you have made whilst completing the workbook)**

- I have successfully completed the 'Starving the Stress Gremlin' workbook.
- I have learnt all about my own stress using activities in the workbook.
- I have drawn and named my Stress Gremlin.
- I have developed my own list of Stress Dos and Don'ts.
- I have practised how to starve a Stress Gremlin using activities in the workbook.
- I have completed a Stress Diary.
- I have practised starving my Stress Gremlin in real life.
- I have set myself goals so I can continue to improve my ability to manage my stress.

EFFECTS ON MY STRESS **(Tick any of the statements that you feel apply to you after completing the workbook)**

- I have starved my Stress Gremlin at times.
- I am getting stressed less often.
- I am thinking more realistically about situations.
- I am using more positive and constructive coping strategies.
- I am feeling more positive about myself and my life.
- I am placing more realistic expectations on myself.

- I avoid situations less.
- I am experiencing less negative effects from my stress.
- Other people around me are experiencing less negative effects from my stress.

- I haven't been able to starve my Stress Gremlin.
- My stress levels haven't changed.
- My stress levels have got worse.
- I am still thinking in an overly negative or unrealistic way about situations.
- I am still thinking in an overly negative or unrealistic way about myself.
- I am still placing unrealistic expectations on myself.
- I still frequently avoid situations.
- I am still experiencing negative effects from my stress.
- Other people around me are still experiencing negative effects from my stress.

IN MY OWN WORDS (In your own words, write down any effects that you think completing the 'Starving the Stress Gremlin' workbook has had on you and your views on the workbook)

Completing the 'Starving the Stress Gremlin' workbook has....

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I think the 'Starving the Stress Gremlin' workbook is....

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**Thank you for taking the time to read and complete the workbook and this evaluation sheet.
Good luck with continuing to starve your Stress Gremlin!**



**‘STARVING THE ANXIETY GREMLIN: A COGNITIVE BEHAVIOURAL THERAPY
WORKBOOK ON ANXIETY MANAGEMENT FOR YOUNG PEOPLE’
LEARNING & PROGRESS EVALUATION SHEET**

This is your chance to show how much you have learnt and what you have achieved whilst completing the ‘Starving the Anxiety Gremlin’ workbook. It is also your opportunity to feedback the impact that you think the workbook has had on you, if any, and what you think of the workbook.

My name is..... (optional)

I am years of age (please fill in your age) I am..... MALE FEMALE (please circle your answer)

WHAT I HAVE LEARNT (Tick the box for each item that you feel you have learnt)

Having successfully completed the ‘Starving the Anxiety Gremlin’ workbook....

- I understand that anxiety is an emotion.
- I understand that it is normal to worry or feel nervous or afraid sometimes.
- But I also understand that if I feed my Anxiety Gremlin too often my anxiety will become problematic.

- I understand that the fight, flight or freeze response helps us to cope with 'real' dangers.
- I can name the physical changes that occur as part of our bodies' fight, flight or freeze response.
- I understand that we can sometimes experience fight, flight or freeze false alarms if we think about situations or things as more dangerous than they actually are.
- I understand that if we get stuck in a cycle of repeated fight, flight or freeze false alarms we may experience anxiety.
- I can name some cognitive symptoms of anxiety.
- I can name some physical symptoms of anxiety.
- I can name some different ways that people might behave when they get anxious.
- I can name some different emotions that people might experience alongside their anxiety.
- I am aware of how I think, feel and behave when I get anxious.
- I understand that many young people experience anxiety at some point in their lives.
- I am aware that different people can experience anxiety in different ways.
- I understand about different types of anxiety disorders and their symptoms.
- I am aware that different people get anxious about different things.
- I can name different types of anxiety triggers.
- I am aware of my own anxiety triggers.
- I understand that it's how I think about a situation that leads to my anxiety not the situation itself.
- I understand that the Anxiety Gremlin Cycle shows the links between how I think, feel and behave when I get anxious.
- I can name the five parts of the Anxiety Gremlin Cycle.
- I understand what feeds my Anxiety Gremlin.
- I understand the types of thinking errors that feed my Anxiety Gremlin and lead to my anxiety.
- I understand the types of behaviours that feed my Anxiety Gremlin and help to keep my anxiety going.
- I understand that the more I feed my Anxiety Gremlin, the more anxiety-related physical symptoms I will experience.

I understand that if I feed my Anxiety Gremlin too often I may experience other negative emotions too.

I understand that feeding my Anxiety Gremlin too often can have negative effects on me and I can name some of these effects.

I understand that feeding my Anxiety Gremlin can have a negative effect on other people and I can name some of these effects.

I can name factors that can sometimes make it harder for people to starve their Anxiety Gremlins.

But I also understand that I am in control of how I react in situations.

And I understand that I am in control of my Anxiety Gremlin.

I understand that I can choose to starve my Anxiety Gremlin using the right strategies for me and my anxiety.

I understand that managing my thoughts can help me to starve my Anxiety Gremlin.

I understand that the strategies that can help people to manage their thoughts and starve their Anxiety Gremlins include:

- Thinking more realistically about situations.
- Thinking more positively about themselves and their lives.
- Replacing unrealistic expectations of themselves with realistic ones.
- Accepting that obsessive thoughts are only thoughts.

I understand that managing my behaviours can help me to starve my Anxiety Gremlin.

I understand that the strategies that can help people to manage their behaviours and starve their Anxiety Gremlins include:

- Reducing their reliance on safety behaviours.
- Gradually reducing their compulsive behaviours.
- Implementing positive and constructive coping strategies.

I can name the positive and constructive strategies that I can choose from depending on what is appropriate for me and my anxiety.

WHAT I HAVE ACHIEVED (Tick the box for each achievement you have made whilst completing the workbook)

- I have successfully completed the 'Starving the Anxiety Gremlin' workbook.
- I have learnt all about my own anxiety using activities in the workbook.
- I have drawn and named my Anxiety Gremlin.
- I have developed my own list of Anxiety Dos and Don'ts.
- I have practised how to starve an Anxiety Gremlin using activities in the workbook.
- I have completed an Anxiety Diary.
- I have practised starving my Anxiety Gremlin in real life.
- I have set myself goals so I can continue to improve my ability to manage my anxiety.

EFFECTS ON MY ANXIETY (Tick any of the statements that you feel apply to you after completing the workbook)

- I have starved my Anxiety Gremlin at times.
- I am getting anxious less often.
- I am thinking more realistically about situations.
- My obsessive thoughts have reduced.
- I am using more positive and constructive coping strategies.
- I am feeling more positive about myself and my life.
- I am placing more realistic expectations on myself.
- I have reduced my compulsive behaviours.
- I rely on safety behaviours less.
- I am experiencing less negative effects from my anxiety.
- Other people around me are experiencing less negative effects from my anxiety.

- I haven't been able to starve my Anxiety Gremlin successfully yet.
- My anxiety levels haven't changed.
- My anxiety levels have got worse.

- I am still thinking in an overly negative or unrealistic way about situations.
- I am still thinking in an overly negative or unrealistic way about myself.
- I am still placing unrealistic expectations on myself.
- My obsessive thoughts haven't reduced.
- My safety behaviours haven't reduced.
- My compulsive behaviours haven't reduced.
- I am still experiencing negative effects from my anxiety.
- Other people around me are still experiencing negative effects from my anxiety.

IN MY OWN WORDS (In your own words, write down any effects that you think completing the 'Starving the Anxiety Gremlin' workbook has had on you and your views on the workbook)

Completing the 'Starving the Anxiety Gremlin' workbook has....

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I think the 'Starving the Anxiety Gremlin' workbook is....

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Thank you for taking the time to read and complete the workbook and this evaluation sheet.

Good luck with continuing to starve your Anxiety Gremlin!



**‘STARVING THE ANGER GREMLIN: A COGNITIVE BEHAVIOURAL THERAPY
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LEARNING & PROGRESS EVALUATION SHEET**

This is your chance to show how much you have learnt and what you have achieved whilst completing the ‘Starving the Anger Gremlin’ workbook. It is also your opportunity to feedback the impact that you think the workbook has had on you, if any, and what you think of the workbook.

My name is..... (optional)

I am years of age (please fill in your age) I am..... MALE FEMALE (please circle your answer)

WHAT I HAVE LEARNT (Tick the box for each item that you feel you have learnt)

Having successfully completed the ‘Starving the Anger Gremlin’ workbook....

- I understand that anger is an emotion.
- I understand that it is normal to get angry sometimes.
- But I also understand that if I feed my Anger Gremlin too often my anger will become problematic.

- I can name some physical signs of anger.
- I can name some different ways that people might behave when they get angry.
- I am aware of how I think, feel and behave when I get angry.
- I am aware that different people can experience anger in different ways.
- I am aware that different people get angry about different things.
- I can name different types of anger triggers.
- I am aware of my own anger triggers.
- I understand that it's how I think about a situation that leads me to be angry not the situation itself.
- I understand that the Anger Gremlin Cycle shows the links between how I think, feel and behave when I get angry.
- I can name the five parts of the Anger Gremlin Cycle.
- I understand what feeds my Anger Gremlin.
- I understand the types of thoughts that feed my Anger Gremlin and lead me to be angry.
- I understand the types of behaviours that feed my Anger Gremlin and keep my anger going.
- I understand that the more I feed my Anger Gremlin, the more anger-related physical symptoms I will experience.
- I understand that if I feed my Anger Gremlin too often I may experience other negative emotions too.
- I understand that feeding my Anger Gremlin too often can have negative effects on me and I can name some of these effects.
- I understand that feeding my Anger Gremlin can have a negative effect on other people and I can name some of these effects.
- I can name factors that can sometimes make it harder for people to control their anger.
- But I also understand that I am in control of how I react in situations.
- And I understand that I am in control of my Anger Gremlin.

- I understand that I can choose to starve my Anger Gremlin using the right strategies for me and my anger.
- I understand that the strategies that can help people to starve their Anger Gremlins include:
- Thinking more realistically about situations.
 - Using distraction techniques.
 - Expressing angry thoughts and feelings in a constructive way, such as talking about them calmly or writing them down in an Anger Diary.

WHAT I HAVE ACHIEVED **(Tick the box for each achievement you have made whilst completing the workbook)**

- I have successfully completed the 'Starving the Anger Gremlin' workbook.
- I have learnt all about my own anger using activities in the workbook.
- I have drawn and named my Anger Gremlin.
- I have developed my own list of Anger Dos and Don'ts.
- I have practised how to starve an Anger Gremlin using activities in the workbook.
- I have completed an Anger Diary.
- I have practised starving my Anger Gremlin in real life.

EFFECTS ON MY ANGER **(Tick any of the statements that you feel apply to you after completing the workbook)**

- I have starved my Anger Gremlin at times.
- I am getting angry less often.
- I am thinking more realistically about situations.
- If I do get angry, I am expressing my anger in a more constructive way.
- I am experiencing less negative effects from my anger.
- Other people around me are experiencing less negative effects from my anger.

- I haven't been able to starve my Anger Gremlin successfully yet.
- My anger levels have stayed the same.
- My anger levels have got worse.
- I am still thinking in an overly negative or unrealistic way about situations.
- I am still behaving in problematic ways when I get angry.
- I am still experiencing negative effects from my anger.
- Other people around me are still experiencing negative effects from my anger.

IN MY OWN WORDS (In your own words, write down any effects that you think completing the 'Starving the Anger Gremlin' workbook has had on you and your views on the workbook)

Completing the 'Starving the Anger Gremlin' workbook has....

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I think the 'Starving the Anger Gremlin' workbook is....

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Thank you for taking the time to read and complete the workbook and this evaluation sheet.

Good luck with continuing to starve your Anger Gremlin!